How to Collect Your Saliva Specimen

At this station, you will collect your saliva in a test tube using a funnel. Follow these steps to complete your saliva specimen quickly and easily.

**GET READY**

1. Sanitize hands using sanitizer provided

2. Prepare collection materials
   Unwrap the cup and lay the plastic wrap and alcohol pad on the table. Open the tube by twisting off the orange cap, and place the funnel into the top of tube.

3. Salivate
   Begin pooling saliva in your mouth. Saliva production can be stimulated by thinking about your favorite foods or about the saliva collection itself.

**COLLECT THE SAMPLE**

4. Collect saliva in tube
   Lift mask so only your mouth is exposed (if possible) and slowly dribble saliva into the funnel until the tube is approximately 1/2 to 3/4 full. Do not spit forcefully as this can create air bubbles. Your saliva should be a thin liquid, not frothy. You may have to gently rotate the funnel in the tube to move the liquid into the tube. Replace your mask immediately.

5. Close and sanitize collection tube
   Remove the funnel and lay it down on top of the plastic wrap (this helps prevent contamination of the table). Replace the orange cap onto the collection tube and securely tighten the cap by twisting. Wipe the outside of your collection tube with the alcohol pad to disinfect it.

**BEFORE YOU LEAVE THE TABLE**

6. Collect trash
   Wrap the funnel and used alcohol pad in plastic wrap and place all trash in your cup. At the next station you will discard the cup of trash in the red waste bin.

7. Flip table sign to red
   This indicates that you are finished and signals to staff that your table needs to be sanitized.

8. Sanitize hands using the sanitizer provided

**DEPOSIT THE SAMPLE AND DISCARD TRASH**

9. Bring your tube to next station and place in rack indicated by staff

10. Discard your trash into red waste bin

11. Sanitize hands using sanitizer provided

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