

## Providing a saliva sample for genetic testing

### **Important information:** please read before opening the saliva kit

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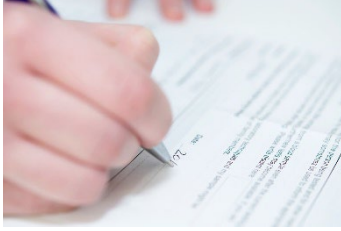
You have been sent a saliva sample pack which will allow us to extract your DNA and perform genetic testing. Please read through both sides of this leaflet before completing the sample.

- **Do not** eat, drink, smoke, use mouthwash or chew gum for 30 minutes before giving the saliva sample
- **Do not** remove the plastic film from the funnel lid at any point
- Wash your hands thoroughly for 20 seconds before opening the kit
- Check that your details are correct on the enclosed consent form and label. If these are wrong, please contact us on **0131 537 1116**
- Please read and sign the enclosed consent form before returning the sample in the clear transport tube provided. If you have any questions, please phone **0131 537 1116** to discuss this with a member of the clinical team.

### **Tips:**

- Most people take between 2 and 5 minutes to deliver a saliva sample to the 'Fill To' line
- In order to encourage saliva production, you can gently rub your cheeks from the outside (pressing them against your teeth and gums) before spitting into the tube.
- If more than one member of your household is providing a sample, only open and complete one kit at a time to ensure the right form/label is with the correct sample
- If taking a sample from a child, please refer to the manufacturers leaflet enclosed within the saliva kit box which illustrates how to take a sample using the swabs provided.

## How to give a saliva sample



1. Read and sign the consent form. Wash your hands thoroughly before opening the saliva kit



2. Spit saliva (do not cough up phlegm) into the funnel until the amount of liquid (not bubbles) reaches the fill line. This might take a few spits



3. Hold the tube upright and close the lid until you hear a loud click.



4. Hold the tube upright and unscrew the funnel



5. Use the small cap (with a blue top) to close the tube tightly



6. Shake the tube for 5 seconds



7. Attach the pre-printed label to the tube (if not already done so) checking your name and details are correct. Place the labelled tube in the transport container provided



8. Insert both the transport tube containing your sample and completed consent form into the plastic bag. Post as normal using the prepaid envelope supplied.

To see a video on how to give a sample, go to [www.dnagenotek.com/ROW/support/ciOG500.html](http://www.dnagenotek.com/ROW/support/ciOG500.html)