



Saliva Collection Kit Instructions

Saliva Sample Collection Kit



Please read through these instructions completely before beginning sample collection.

Contents Overview



This kit contains the supplies needed to collect your saliva sample.

- One (1) saliva collection kit
- One (1) plastic biohazard sample bag with absorbent sheet inside.
Use only the bag provided. Do not remove the absorbent sheet from inside the bag.

You will also need a pen.

If you are missing any of the items above, or anything appears incorrect or damaged, reach out to the study team at Tapestry2@mayo.edu before moving forward.

Collecting a Sample

- Do NOT eat, drink, smoke, or chew gum for at least 30 minutes before giving your saliva sample.
- Do NOT remove the plastic film from the funnel lid.

1. Spit into funnel until the amount of liquid saliva (not bubbles) reaches the fill line.



2. Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown) by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the saliva. Make sure that the lid is closed tightly.



3. Hold the tube upright. Unscrew the funnel from the tube.



4. Use the small cap to close the tube tightly.

5. Shake the capped tube for 5 seconds. Discard or recycle the funnel.

6. Place the container into the plastic biohazard sample bag (absorbent sheet stays in the bag).



Note: If you cannot collect saliva, stool, and urine samples at the same time, please place the samples you have collected in the refrigerator until other samples are collected and you are ready to ship everything back. Do not store for more than 1 to 2 days.

7. Record the date and time of the sample collection on the Biospecimens Accessioning and Processing Requisition Form. There is no need to record any information on the tube itself.



8. In the Tapestry 2.0 Specimen Instructions Booklet, refer to Return Samples Instructions, steps 12–14, pages 8–10.