

Test Kit Instructions

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Viva Health 
Laboratories

Instructions for Saliva Collection (CORT)

This sample is a referral from Viva Health Laboratories to Eurofins County Pathology.

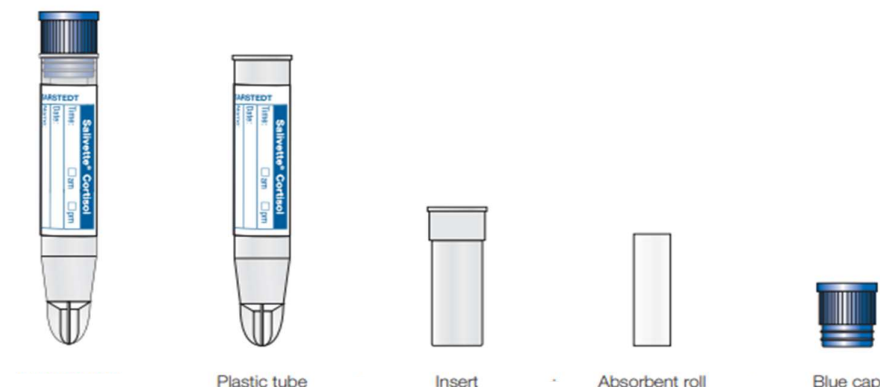
Please read the instructions carefully. It is recommended that the following measures are taken prior to collection:

On the day of collection:

- **Do not** consume food or drinks that contain caffeine.
- **Do not** eat or drink anything 1 hour prior to saliva collection.
- **Do not** brush, floss or have dental work done 1 hour prior to saliva collection.
- **Do not** take any oral medication 1 hour before saliva collection

You will need:

- Plastic bag containing 4 salivette tubes consisting of a conical plastic tube, an insert, and absorbent roll and a blue cap. (Provided)
 - Please see image below
- Sample request form (Provided)



Saliva collection instructions:

1. Start the collection of saliva when you wake. The saliva sample should be taken at least 60 minutes after a meal (liquid/solid food intake), brushing teeth or taking oral medication, in order to avoid the saliva being contaminated with interfering substances.
2. 10 minutes before each saliva collection, wash hands and rinse mouth with water for 1-5 seconds.
3. With two fingers, remove the absorbent roll at the far end from the opened salivette and place it in the mouth.
4. The absorbent roll should be kept in the mouth (e.g in the cheek) for 2 minutes without chewing. The amount of saliva collected should be at least 0.5ML. If an extremely small amount of saliva is produced, leave the absorbent roll in the mouth for longer
5. With two fingers, take the absorbent roll out of the mouth by the far end and place it immediately in the salivette insert and seal with the blue cap. Please see the below diagrams for sample collection.

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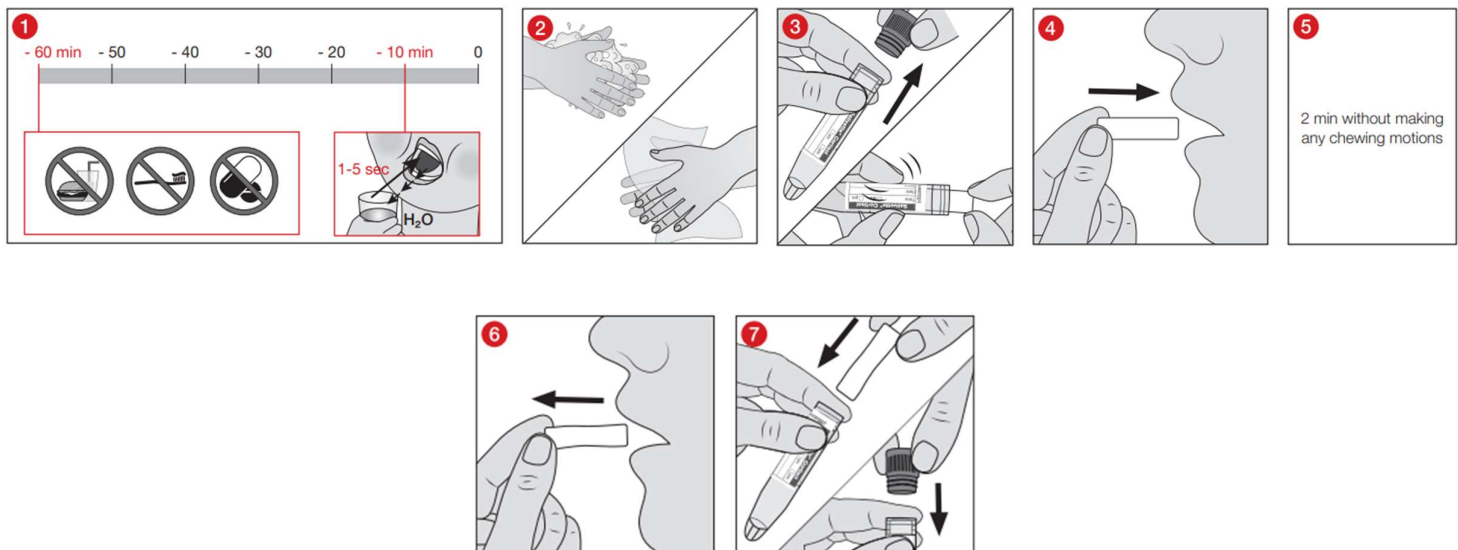
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6. After sample collection, label the salivette tube with:
 - **Full name (First name and last name)**
 - **Date of Birth**
 - **Sample collection date and time**
7. Repeat this process for the remaining samples that should be collected at the following times:
 - a. The first saliva collection must be right after awakening.
 - b. The second saliva collection must be collected at midday (around 12pm)
 - c. The third saliva collection must be collected in the afternoon (around 4pm)
 - d. The final saliva collection must be collected right before bedtime



Posting the sample:

1. Place the provided sample request form into the pocket of the clear sample bag.
2. Place the bag into the brown cardboard box and seal with the provided sticker.
3. Place the brown box into the grey postal bag with return label and seal.

IMPORTANT NOTE

We cannot process samples without all patient details included above clearly written on the plastic collection bag. These **MUST** match the sample request form received with this sample.

If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.