

## Saliva kit DNA Collection

### Instructions for use

Please watch our instructions video on our website: <https://www.phosp.org/patient/> or follow the instructions below.

### Intended Use

These kits are used to collect saliva samples from which we are able to extract DNA. They are only to be used for research purposes.

### Contents

You will find a transport box with a Royal mail 48 Hours tracked return label. Inside of this box you will find a security seal, Biohazard plastic ziplock bag with an absorbent pad, a Isohelix Genefix saliva sample collection kit and the step by step instructions. You will find a funnel and a tube with a small cap inside the saliva sample collection kit. Each tube contains a special liquid which will preserve your sample.

### Safety Precautions

- Wash your hands thoroughly before and after providing your sample.
- Keep out of the reach of children: the cap is very small and may cause a child to choke.
- Do not try to remove the contents from the tube.
- Do not use the kit if the contents of the tube have been spilled: contact us and we will send you a replacement.
- Do not swallow the contents of the tube.

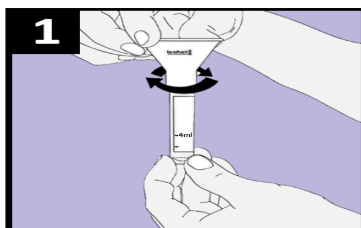
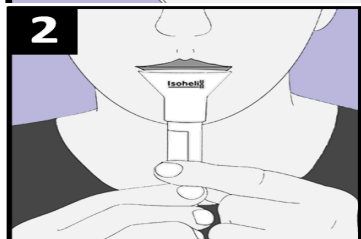
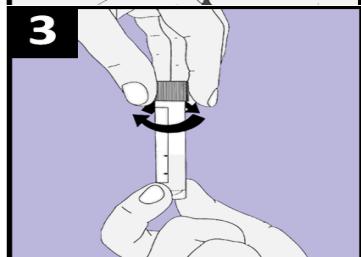
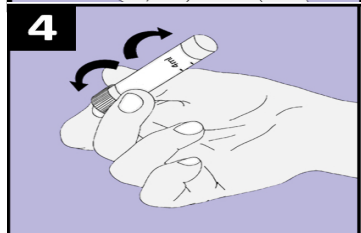




If any of the contents come into contact with your skin or eyes, wash thoroughly with water. If in doubt, contact us or your doctor.

### Instructions

- Do not eat, drink, smoke, brush your teeth or chew gum for at least 30 minutes (half an hour) before you collect your saliva.
- Do not remove any barcodes from packaging.
- Do not enclose your names and addresses in the return box.
- Do retain the box in which your saliva sample kit has arrived. This will be used to return your sample.
- Do ensure the absorbent pad is enclosed with your sample and that the bag is sealed.
- Do ensure that you apply the security seal to the box prior to posting.
- Do contact the team if you have any queries on [phosp@le.ac.uk](mailto:phosp@le.ac.uk) or 0116 2297160.
- Wash your hands thoroughly before providing the sample.

**Please Turn Over**

### Step by Step Instructions

|  |   |
|--|---|
|    | <p>Holding the tube upright, remove the cap from the tube. Keep the cap for later use.</p> <p>Screw the collection funnel on to the tube.</p>   |
|    | <p>Rub your cheeks for 30 seconds.</p> <p>Spit into the funnel until the amount of liquid saliva, without bubbles, reaches the '4ml fill' line on the tube.</p> <p>Delivery of saliva will take between 2 and 5 minutes.</p>                                |
|   | <p>Continue to hold the tube upright with one hand. Unscrew the collection funnel and replace the tube cap <b>tightly</b> with the other hand.</p> <p>The funnel can be thrown away or recycled.</p>  |
|  | <p>Rotate the tube up and down to mix the saliva 3 times.</p>   |
|  | <p>Place the sample tube into the plastic kit box and close the box.</p>  |
|  | <p>Place the plastic kit box containing the sample in the small clear plastic biohazard bag containing absorbent material and seal the bag.</p>   |
|  | <p>Place the sealed bag inside the cardboard box (labelled UN3373) which has a 48 Hour Tracked Return postage sticker.</p> <p>Apply the security seal to the box where it states 'Apply Security Seal here'</p>   |
|  | <p>Post your sample into a Royal Mail post box. If you are unsure where your local post box is, you can find the details using this link:<br/><a href="https://www.royalmail.com/services-near-you#/">https://www.royalmail.com/services-near-you#/</a></p> |