

# Step 3:

## Returning The Sample To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

**For UK mainland patients only:** Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

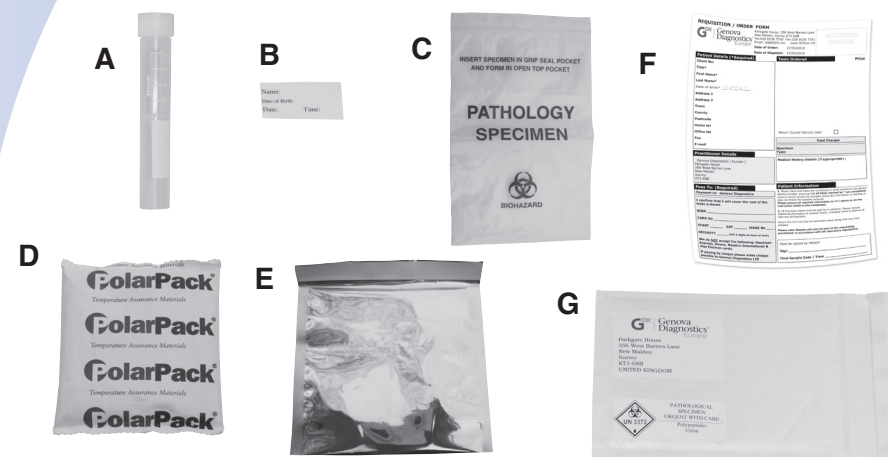
**For patients outside of the UK:** please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- If sample is completed on a Friday - Sunday, please keep it frozen until Monday and return it on Monday for Tuesday.
- Make sure the collection tube is tightly closed and identified with completed label. Failure to complete the label correctly will result in the sample being rejected.
- Put the tube in the biohazard bag with absorbent paper and seal it securely.
- Place the biohazard bag in the silver pouch with the frozen freezer brick.
- Place the sealed silver pouch inside the mailing envelope with your completed and signed requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

## Single Saliva Sample (Immunology)

### Patient Instructions for Saliva Collection



### Check Your Kit

- A - 1 Collection tube
- B - 1 Label
- C - 1 Biohazard bag with absorbent paper
- D - 1 Gel freezer brick
- E - 1 Silver pouch
- F - 1 Requisition (to be completed and signed)
- G - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

# Step 1:

## Important things to know and consider

- The following supplement may influence the results of this test: saccharomyces boulardii, anti-yeast/fungal prescriptions, or botanicals. It is advisable to wait for 1 month after taking this supplement prior to doing this test.
- if you have discontinued consumption of gluten from your diet, please discuss with your practitioner prior to taking this test.

## Schedule and prepare for your saliva collection

- **Before starting the test:** Place the gel freezer brick in the freezer. It must be frozen for a minimum of 4 hours before returning the samples.
- **One hour prior to collection** do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco products. *You may drink ONLY water during this time.*
- Sample must be frozen for at least 2 hours prior to returning. Please note: samples completed on Friday - Sunday should be stored frozen until Monday for returning to the laboratory by overnight delivery.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled "Final Sample Date / Time."
- If you make a mistake or need to restart collecting the sample, please rinse the tube with water only, and allow it to dry naturally.

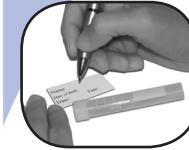
### Saliva Collection Schedule:

Collect a total of one saliva sample, on any day, in the morning.

# Step 2:

## Collecting your saliva specimen

Not following these instructions may affect your test results.



- 1 Write your full name (first and last), date of birth, time and date of collection** on the label using a ballpoint pen or pencil only. Attach the label to the collection tube.



- 2 When ready to collect the saliva, rinse your mouth with drinking water.** Spit out and discard the water completely, and do not cough or clear your throat into the collection tube.



- 3 Fill the collection tube until liquid saliva level reaches the 2-ml mark.** To reduce a foamy saliva collection, tap the tube on a hard surface. Insufficient saliva samples cannot be processed.



- 4 Replace the cap tightly to avoid leakage. Place the filled tube in the biohazard bag with absorbent paper and freeze immediately.** Sample must be frozen for a minimum of 2 hours prior to returning. Keep sample frozen until ready to return to the laboratory.



Consult your healthcare provider if you have any questions at any time during this test.