

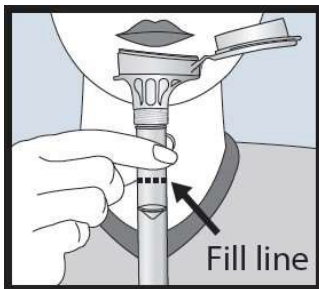
## How to Collect Saliva Samples

Most people take between 2 and 5 minutes to collect a saliva sample.

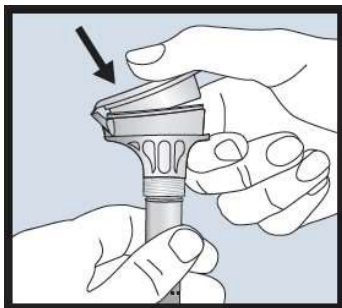
**NOTE: Do NOT eat, drink, smoke or chew gum for 30 minutes before giving your saliva sample.**

**Please return sample within 7 days. If this is not possible, please e-mail the lab at [GML@ucsf.edu](mailto:GML@ucsf.edu).**

1. Check saliva collection kit to make sure the kit is not damaged.
2. Open collection kit.
3. Confirm your name and date of birth on the label. The label should be applied directly to the collection tube (not the plastic box).
4. Spit into funnel until the amount of liquid saliva (not bubbles) reaches the fill line shown below.

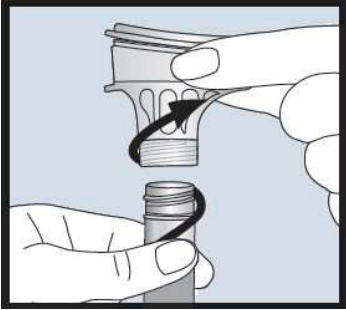


5. Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown) by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the saliva. Make sure that the lid is closed tightly.

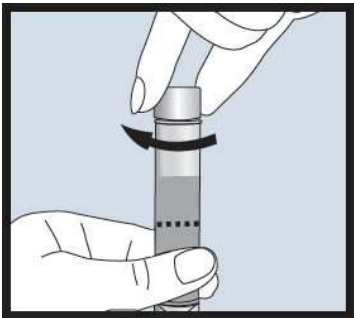


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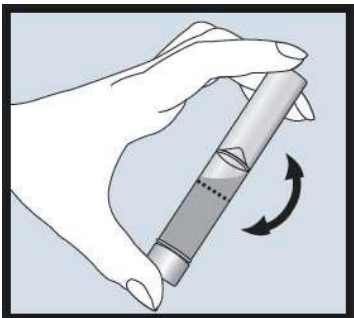
6. Hold the tube upright. Unscrew the funnel from the tube.



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



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



9. Place the capped collection tube back into the plastic box.
10. Place the plastic box into the biohazard bag and zip the bag.
11. If collected onsite at a UCSF Medical Center, please return to GML via Central Processing.
- If in Mission Bay, Room M2379
  - If in Parnassus, Room M576
- Ensure collection kit(s) package says  
**To: GML at Mount Zion**  
**(415) 502-3560**