

Saliva Sample Collection

Frequently Asked Questions (FAQ)

If I forgot and ate breakfast and/or brushed my teeth before collecting my saliva, what do I do? Should I begin again?

Yes, start the collection procedure on another day.

I'm having a difficult time collecting enough saliva.

If you are having difficulty collecting saliva, here are a few recommendations.

- press the tip of your tongue against your teeth very gently.
- think about your favorite dessert or something sweet.

I forgot to rinse my mouth before I collected my saliva, what should I do?

A film develops in your mouth and on your tongue at night. You are asked to rinse out your mouth to remove that film before collection. But if you've already completed the process of saliva collection, that's fine.

May I eat or drink before doing the '30-60 minutes after waking' sample?

No. You should only drink **water** before doing the '30-60 minutes after waking' sample. No coffee or other caffeinated drinks.

Should I collect my sample when I am sick?

No. If you are sick or under unusual stress, choose a different time for the saliva collection.

Can I take a shower before doing the '30-60 minutes after waking' sample?

Yes



What if I miss my collection time? How much time do I have to collect the sample?

If you accidentally miss your collection time, please complete the sample as soon as possible (within an hour of the specified time). Please note the time of the sample on the tube.

What if I go to bed before 9 P.M.?

If your bedtime is before the last saliva collection, please collect the last sample collection before you go to bed.

If I miss the '30-60 minutes after waking' sample, can I complete the rest of the day and collect my '30-60 minutes after waking' sample the next day?

No. It is better to get another FLUIDS iQ sample kit from your health care provider. Start over and complete all sampling on the same day.