

# WHAT'S INSIDE?



Instruction card



Saliva collection tube



Specimen bag



Patient information card  
*\*\* Please give this to your patient \*\**



FedEx Clinical  
Pak bag



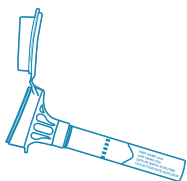
FedEx return  
shipping label



INVITAE

## PROVIDE A SALIVA SAMPLE

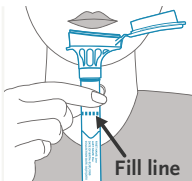
Do not eat, drink (including water), smoke, chew gum, or brush your teeth for 30 minutes prior to providing your sample. You can expect the following steps to take 2–5 minutes to complete.



### STEP 1

Label the tube with your:

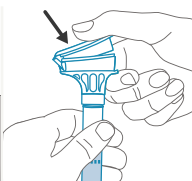
- Legal first and last name
- Date of birth (MM/DD/YYYY)
- Collection date (today's date)



### STEP 2

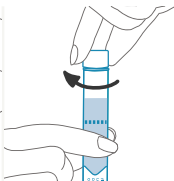
Spit into the funnel until the liquid (not bubbles) reaches the fill line.

*To encourage saliva, rub your cheeks in a circular motion above the gumline or think of lemons.*



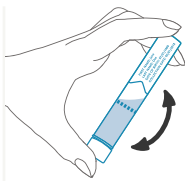
### STEP 3

Close the lid tightly by pushing down hard on the funnel lid until you hear a loud click.



### STEP 4

Hold the tube upright and unscrew the funnel top. Replace it with the small cap for safe shipping. Discard the funnel.



### STEP 5

Shake the capped tube for 5 seconds.

Please double-check that the following steps have been completed correctly:

- The tube is properly labeled with name, date of birth, and collection date
- The liquid saliva reaches the fill line
- The funnel top has been replaced with the small, secure cap

If not, your test may fail and you will need to provide a new DNA sample.

## WHAT IF I'M HAVING TROUBLE PROVIDING MY SALIVA SAMPLE?

It takes most people 2 to 5 minutes to provide a saliva sample. Here are some tips to help you generate enough saliva:

- It's easier to collect large amounts of saliva in the mouth before spitting (rather than spitting small amounts more often).
- Close your mouth and wiggle your tongue.
- Gently rub the outside of your cheeks, just behind your back teeth.
- Make chewing motions with your mouth.
- Smell or imagine smelling sour foods, such as lemons.
- Think about your own favorite food.

If these suggestions don't work, try placing a few granules of sugar (just enough to taste it) or one drop of lemon juice on your tongue. This small amount of food won't affect your results and could help stimulate saliva.

## HOW TO SHIP YOUR SAMPLE

**Don't wait! Mail the saliva sample as soon as possible after collection.**

### 1. Package the kit

- Seal the saliva tube in the small plastic bag.
- Place this bag in the cardboard box.
- If your healthcare provider gave you a paper order form, please include it in the box. Otherwise, your clinician will submit the order online or by fax.
- Place the box(es) inside the FedEx Clinical Pak bag.\*
- Seal the bag and affix the FedEx shipping label.

### 2. Drop off or schedule a pickup

- Drop off the package at any FedEx retail location or drop box (view locations at [www.fedex.com](http://www.fedex.com)).
- If preferred, schedule a pickup by calling 1-800-GoFedEx (1-800-463-3339).
  - When scheduling a pickup, do not give an account number. Wait and say, "Schedule a pickup using a label or stamp."
  - Provide the tracking number on the FedEx shipping label included inside your kit.
  - Continue on the call to provide pickup details and address.

Questions? Email us at [clientservices@invitae.com](mailto:clientservices@invitae.com) or call us at 1-800-436-3037.

*\*For healthcare providers: If testing multiple patients, you can send up to four saliva boxes in the FedEx Clinical Pak provided.*