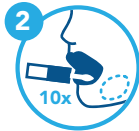


How to collect a saliva sample



Important: no food, drink or smoking for 30 minutes before collecting your sample.

A contaminated sample cannot be used.



Insert tube to where saliva pools (between the bottom jaw line and inner cheek).
Swab 10 times on right side & 10 times on left side.



Unscrew the lid from the tube.
Turn and place swab into liquid in the tube.
Ensure lid is tightly closed.



Gently mix tube 15 times.



Write your name, date of birth and date collected on the tube.
Unlabelled tubes will not be processed.



See video of sample collection
vcgs.org.au/saliva-collection

How to return your sample to VCGS



Place labelled tube into sealed section of specimen bag.

NOTE:

Cotton pad is to absorb leak - not for personal use. Do not remove.



Place test request form into specimen bag pocket.



Place bag into supplied reply paid envelope box.



Complete sender details on the back of envelope box and post to VCGS.



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