



Collection Instructions of Oral Rinse with Saliva and Preservative

NOTE: Test accuracy is dependent on proper and thorough sample collection

1. VIGOROUSLY SWISH AND GARGLE ALL of saline solution for a full 15 seconds.
 - See Photo 1.
1. Spit the solution into funneled collection tube. Remove funnel from collection tube.
 - See Photo 2.
2. Screw cap with blue preservative onto collection tube. Once fully tightened, the preservative will flow into the collection tube, mixing with your saliva.
 - See Photo 3.
3. Tip collection tube back-and-forth for 5 seconds, mixing the solution and ensuring the cap is tightly screwed on.
 - See Photo 4.
4. Place closed collection tube into bio-bag with absorbent sheet and seal closed.
 - *It is recommended to make note of the barcode numbers on the collection tube and retain it for your records.*



Photo 1



Photo 2



Photo 3



Photo 4

1. Place the plastic bio-bag, with the collection tube inside, into the SimplyPerio box that the tube was shipped in. Remove the liner over the adhesive strip and seal the box.
 - *Once the SimplyPerio sleeve is removed from the box it was shipped in, it will reveal a prepaid shipping label.*
2. Take the SimplyPerio box to any USPS drop-off location.
3. You will hear from HomeDentalExam.com by email when your test results are ready to be reviewed.



Considerations Before Collecting A Saliva Sample For Diagnostic Analysis

Saliva is an amazing diagnostic fluid. However, some precautions should be considered before collecting the sample. These precautions vary depending on what you are collecting the saliva to measure. If you are collecting the saliva for genetic information these precautions will not apply.

For the best results, perform the test first thing in the morning before eating, drinking, or any oral homecare.

When Should I Test My Saliva?	
After eating and/or drinking wait....	30 Minutes
After brushing, flossing, or Waterpiking wait....	1 Hour
After the use of any over-the-counter or prescription mouth rinses wait.... • Such as Therabreath, Listerine, ACT, CariFree, IO Rinse, ProFresh, etc.	24 Hours
After dental cleanings wait....	2 Weeks
Administration of antibiotics wait....	6 Weeks

When Collecting for HPV Analysis

HPV is a virus infection that is increasing in prevalence and can be a source of oral cancer. Any person with risk for HPV exposure should have an annual saliva test to detect possible virus activity. Risk is affected by multiple exposures to the virus and understood to come from oral genital contact. Consider other situations that can increase risk.

When collecting for HPV remember to aggressively gargle for at least 30 seconds before spitting the sample fluid into the collection container.

Situations Where HPV Risk Could Be Elevated

- Spouse or partner of someone that has had multiple partners.
- Child of a mother that has cervical HPV.
- History of positive cervical HPV or partner of a person with history of positive cervical HPV.
- Hormone replacement therapy can increase risk of viral expression.
- Immunotherapy that suppresses the immune system can increase risk of activity.

Research also suggests that learning the species of HPV can also be valuable. There are currently over 150 HPV species, and some cancers are being generated from virus species that are not traditionally thought of as high risk.