



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 5-ml of saline solution for a **full 30 seconds**.

- See Photo 1.

1. Spit the solution into funneled collection tube.

- See Photo 2.

2. Open preservative vial by unscrewing cap.

- See Photo 3.

3. Pour contents of preservative vial into funneled collection tube.

- See Photo 4.

4. Remove the disposable funnel and discard.

5. Securely screw the red cap onto collection tube and tip upside down to test for leakage. Be sure collection funnel is not leaking before proceeding.

6. Fill out one of the green barcode labels in your test kit with your first name, last name, and date of birth.

7. Affix the completed yellow name label lengthwise onto collection tube. This code identifies your sample for the laboratory. **Do not cover the barcode on the vial.**

- *If name label is missing or gets damaged making it unreadable, please email us at support@homedentalexam.com.*

8. Place collection tube into small plastic bag with absorbent sheet.

9. Place the plastic bag, with the collection tube inside, into the OralDNA box that the tube was shipped in. Remove the liner over the adhesive strip and seal the box.

10. Place the small OralDNA box in the prepaid FedEx plastic mailer and take to any FedEx drop-off location.

11. You will hear from HomeDentalExam.com by email when your test results are ready to be reviewed. Please expect 2 – 4 weeks after your sample was placed in the mail for lab processing time.



Photo 1

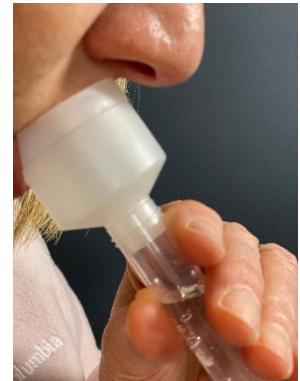


Photo 2



Photo 3



Photo 4



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 test you are collecting the saliva for. 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 brushing.

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.... • <i>Such as Therabreath, Listerine, ACT, CariFree, IO Rinse, ProFresh, etc.</i>	24 Hours
After dental cleanings wait....	6 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.