

Sample Return Instructions

Please place the sealed tube in the plastic container, found on the left hand side of the divider.

Place the plastic container back into the box (it doesn't matter which side of the divider you put it into).

Take out the security seal and close the box. Place the seal on the opening edge of the box. A spare security seal is provided if required.

Place sealed box in pre-paid and addressed envelope provided.

Return your sample by posting it through your nearest post box or dropping it off at your local post office.

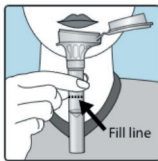
If you still have any questions about providing a sample, you can contact us by phone on **0131 651 8557**.

Saliva Collection Kit Instructions

Saliva Sample Instructions

Please do not eat, drink, smoke or chew gum for 30 minutes before giving your saliva (spit) sample.

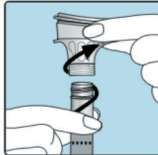
Do not remove the plastic film from the funnel lid



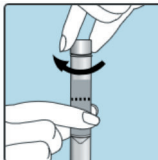
Spit into the funnel until the amount of saliva (not bubbles) reaches the fill line, as shown in the picture. This is about 2ml, or a teaspoons worth, and takes between 2 to 5 minutes. Once done, please follow the next steps immediately after.



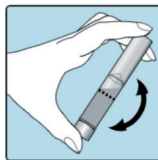
Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown). Firmly push the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the saliva. Make sure the lid is closed tightly.



Hold the tube upright and unscrew the funnel from the tube.



Seal the tube tightly with the blue cap provided.



Shake the capped funnel for about 5 seconds. The funnel you removed can be recycled or discarded. To return the sample, follow the instructions **on the other side**.

**INSTRUCTIONS ON HOW TO RETURN YOUR SAMPLE
ARE PRINTED ON THE OTHER SIDE**