

## COVID-19 PCR TESTING

### Saliva Specimen Collection Procedure

For

### Patients

The specimen is the **normal** saliva that **naturally pools** in the mouth. **No coughing or sniffing prior to specimen collection is required and nasal drainage or coughed up sputum should not be part of the saliva pool.**

30 minutes before specimen, NO: Drinks, food, gum, tobacco, smoking or nasal sprays

10 minutes before specimen, NO: Water

Wash hands with soap and water (no fragrances) or use an alcohol-based sanitizer before giving the specimen.

Follow the specimen Collector's instructions for handling the specimen packet and preparing to give your specimen.

To give the specimen, swallow and then visualize your favorite food to initiate saliva flow that pools in the mouth. Repeatedly expel the pooled saliva into the collection tube until at least 0.3-0.5 ml is collected (*volume without bubbles*). Cap the tube.

For anyone having difficulty getting saliva to flow, here are visualizations to help saliva flow:

1. Imagine holding a soft and juicy lemon you have just washed. Imagine cutting it into wedges. Imagine holding one of the wedges up to your nose and smelling it. Imagine putting the juicy part of the lemon wedge in your mouth and biting down on it. Allow the saliva to pool and collect the specimen. Repeat or use another visual. (Close your eyes if that helps you to visualize.)
2. Imagine the sourest pickle you have ever tasted. Visualize it. Imagine smelling it. Imagine slicing it into large pieces. Imagine putting a big piece in your mouth and biting down on it. Allow the saliva to pool and collect it.

After collection, the Collector will instruct you in handling the specimen packet.

Thank you for choosing Paratus Diagnostics.