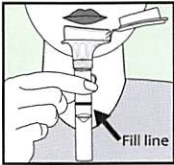


Saliva collection instructions

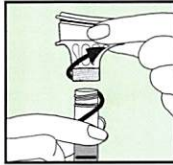
Do NOT eat, drink, smoke or chew gum for 30 minutes before giving your saliva sample.
Do NOT remove the plastic film from the funnel lid.



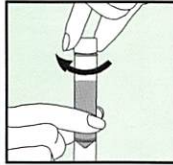
1. Spit until the amount of saliva* (not bubbles) reaches the fill line.



2. Close lid tightly by pushing down hard on the funnel lid until you hear a loud click.



3. Hold the tube upright. Unscrew the funnel from the tube.



4. Use the small cap to close the tube tightly.



5. Shake the capped tube for 5 seconds. Discard funnel.

*If you have difficulty producing saliva, see tips on the back of this page.

⚠ Small cap, choking hazard. Wash with water if stabilizing liquid comes in contact with eyes or skin. Do NOT ingest.

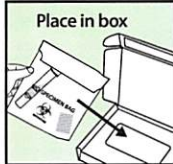
Mailing instructions



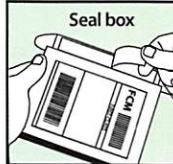
6. Locate specimen bag provided. Do NOT remove absorbent pad.



7. Seal the capped tube into the bag.



8. Place bag with sample back into original box.



9. Close box and seal shut.



10. Mail from nearest postal location.



Need help?

Phone: 617-800-1622

Email: info@mbcproject.org



Metastatic
Breast Cancer
Project

Suggestions for improving saliva generation



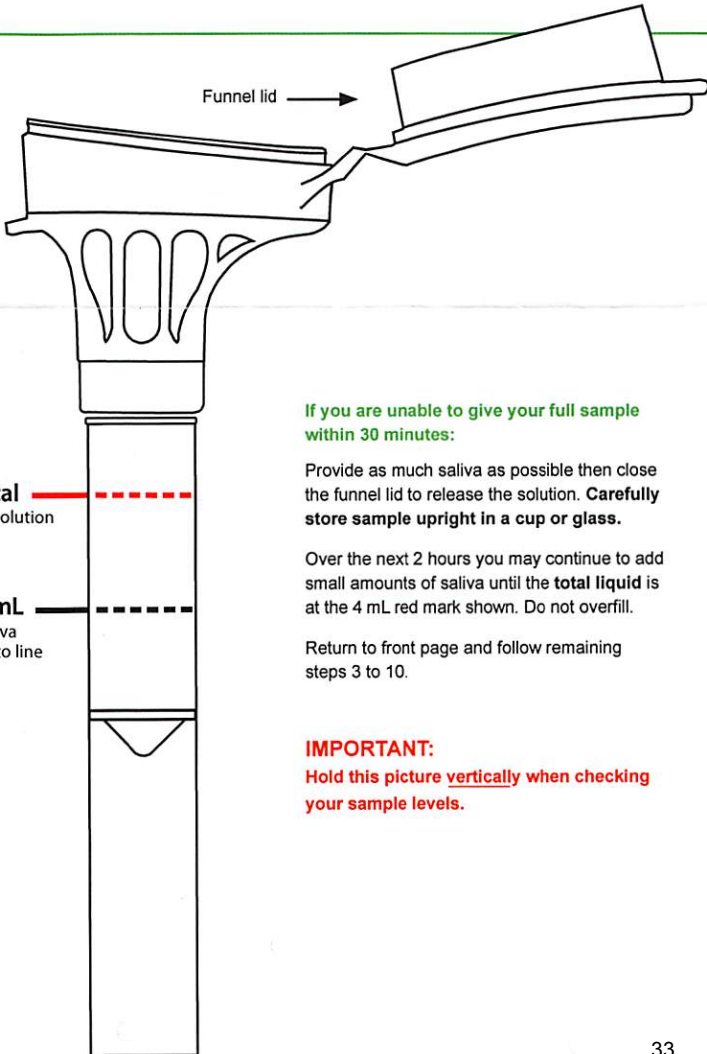
Rub the cheeks as shown or rub your tongue on the roof of the mouth.



Imagine a candy, lemon or favorite food in your mouth.



Place a small amount of sugar on the tongue. Allow the sugar to dissolve in your mouth.



If you are unable to give your full sample within 30 minutes:

Provide as much saliva as possible then close the funnel lid to release the solution. **Carefully store sample upright in a cup or glass.**

Over the next 2 hours you may continue to add small amounts of saliva until the **total liquid** is at the 4 mL red mark shown. Do not overfill.

Return to front page and follow remaining steps 3 to 10.

IMPORTANT:

Hold this picture vertically when checking your sample levels.