

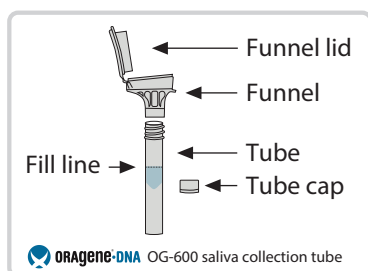
Longitudinal Evaluation of the Growth and Acquisition of Clones over Years in the **blood**

Instructions for saliva sample collection

Please read all the instructions below before collecting your sample

! Please collect your saliva sample **BEFORE** you do the buccal swab

1 Prepare to collect your sample

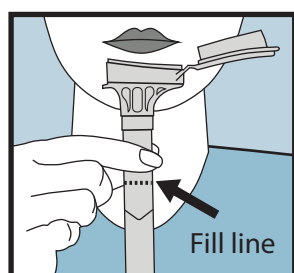


Please do **NOT** eat, drink, smoke or chew gum for 30 minutes before giving your sample.

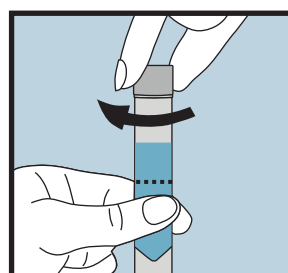
- 1 Before collecting your sample, gently rub the outside of your cheeks for 30 seconds to help create more saliva.
- 2 Remove the saliva collection tube from its protective plastic box. Do NOT remove the plastic film from the funnel lid.

2 Collect your sample

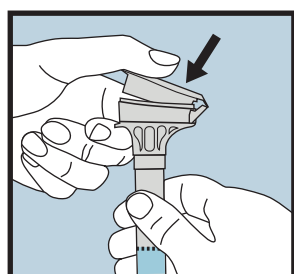
most people take 2 to 5 minutes to collect a saliva sample following the steps below



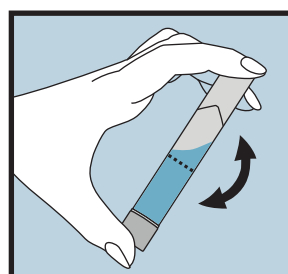
- 1 Spit into the funnel of the saliva collection tube until the amount of liquid saliva (not including the bubbles) reaches the marked fill line.



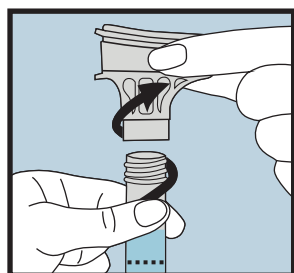
- 4 Use the small cap to close the tube tightly.



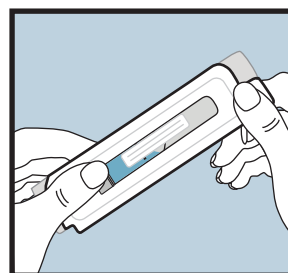
- 2 Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown) by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the saliva. Make sure that the lid is closed tightly.



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



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



- 6 Give the capped tube to a member of the LEGACY research team, who will label, package and post your sample to the processing laboratory.

! Warnings and precautions:

Wash with water if stabilizing liquid comes in to contact with eyes or skin. Do NOT ingest. See MSDS at www.dnagenotek.com
Small cap may pose a choking hazard.