



Saliva Collection Helpful Hints

Always read your lab kit instructions thoroughly the day before you do your test. If you tend to “dry mouth,” try these methods to make your collection easier.

Put a few drops of lemon juice under your tongue, let it set for 3-5 seconds, rinse briefly with cold water and start your collection.

Alternatively, and less recommended, chew colorless sugarless gum for a few minutes, rinse with cold water and start your collection.