



For more information and to register visit:
<http://go.qub.ac.uk/bhsctlamppilot>

Please have your H&C number available
for registration.



SALIVA TESTING KIT

Step by step guide

SPIT . SCAN . DROP

COLLECT YOUR TESTING KIT

This kit contains everything you need to take the test.

Please read the instructions before you start then open the app to get going.



A specimen tube



A specimen bag



An outer larger specimen bag



Lint

SPIT . SCAN . DROP

STEP 1

No eating, drinking, smoking or chewing gum at least 30 minutes prior to the test.



STEP 2

First wash your hands with soap and water for 20 seconds, then rinse and dry them properly or you can sanitise your hands.



STEP 3

Now, unscrew the lid off the tube.



STEP 4

Please do the test before brushing your teeth or using mouthwash. To help you create enough saliva for the test, **imagine you are eating**, and **move your mouth as if you are chewing**. This will help the build-up of saliva.



STEP 5

Tilt your head to **allow the saliva to collect in the front of your mouth**. Spit into the collection pot without coughing some saliva from your throat.



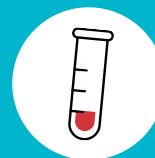
STEP 6

We need your sample to **reach the fill line** to do the test, so please try to provide at least this amount without bubbles.



STEP 7

Screw the lid tightly back on the pot, making sure it does not leak



If your saliva contains blood or food, please take another sample using a different pot.



Wash your hands again with soap and water for 20 seconds, then rinse and dry them properly or use sanitiser.



Scan the barcode then put the specimen tube back in the clear bag next to the lint and put all the packaging into the larger bag.



Remove the strip and seal the bag up. Hand the bag in at one of our designated drop off points.



Positive test results will be followed up by Occupational Health.