



Important

You should take your test as soon as possible after you wake up and before you have anything to eat, drink or brush your teeth, and without using a mouthwash. After you've taken the test please keep the bag somewhere cool or in your refrigerator until you are ready to return it.

You should return your test as soon as possible, ideally within a few hours of taking it, and certainly within 24 hours.

Follow these instructions to take your test

You can also find these instructions with illustrations in the [leaflet in your test pack](#). You can also [watch an animation on YouTube](#)

1. Wash your hands with soap and water for 20 seconds, then rinse and dry them
2. Unscrew the lid of the pot. You will only need to submit one pot for each test
3. To help you create enough saliva for the test, imagine you are eating and move your mouth as if you are chewing
4. Tilt your head forward to allow your saliva to collect in the front of your mouth
5. Transfer the saliva from your mouth into a clean teaspoon. We need just under half a teaspoon of saliva (about 2ml) to do the test. If it contains blood or food, please take another sample
6. Carefully pour the saliva from the teaspoon into the pot
7. Screw the lid tightly back onto the pot, taking care to make sure it fits correctly
8. Peel off one of the barcode labels from your sheet and stick it vertically on your pot. Please do not wrap it horizontally around the pot
9. Seal the pot inside one of the clear bags provided along with one piece of the absorbent material. Please do not wrap the material around the pot
10. Wash your hands and the teaspoon with soap and water for 20 seconds, then rinse and dry
11. Place the small bag containing the pot in a second, larger bag provided and seal this securely, with as little air inside as possible
12. Return the bag containing your pot to the agreed drop off point in your organisation