



Urine & Saliva Drop-Offs

Fast for at least 3 hours prior to your drop off. This means nothing by mouth including water, smoking, kissing lipstick, chewing gums, food, toothpaste etc. Please note you must consume as much water as possible before your fast begins so that you have sufficient fluid in your bladder for your urine samples.

Saliva

The easiest way to collect your samples for a Drop Off is to begin collection on rising. We are fasting as we sleep. Thus, as you wake up collect your saliva sample – this is before you brush your teeth, or put anything in your mouth. Swallow any saliva that may already be in your mouth. Close your mouth gently and allow saliva to accumulate. Expectorate into the cup. We cannot use post-nasal drip.

Urine

The majority of people will also urinate on rising, this is your first urine, we **do not want urine1** for a drop off. However, we do want the urine after this one, which will be urine2. Most people should be ready to urinate again about an hour after the first urine. Please collect your second urine. Once you have collected your saliva sample and your urine sample, then you can eat!

****Please note that if you do urinate during the night or early hours of the morning that urine will be urine 1 and then your urine on rising will become urine 2.****

PLEASE DO NOT COMSUME ANY FOOD OR DRINK UNTIL AFTER YOU HAVE COLLECTED BOTH YOUR SAMPLES.

KEEP SAMPLES REFRIGERATED if they cannot be delivered within 1 hour after collection.

ALL DROP OFFS MUST BE DELIVERED TO THE CLINIC BETWEEN 8:00am and 11 a.m.

The drop-offs are priced at \$60 and must be paid on delivery to the clinic in order for the samples to be tested.

Thank You