

How to collect a saliva sample



Important: no food, drink, or smoking for 30 minutes before collecting your sample.

A contaminated sample cannot be used.



Insert tube to where saliva pools (between the bottom jaw line and inner cheek).
Swab 10 times on right side & 10 times on left side.



Unscrew the lid from the tube.
Turn and place swab into liquid in the tube.
Ensure lid is tightly closed.



Gently mix tube 15 times.



Write your full name, date of birth and date collected on the tube. Unlabelled tubes will not be processed.



See video of sample collection
vcgs.org.au/saliva-collection

How to return your sample/s to VCGS



Place labelled tube and cotton pad* into bag and test request form into pocket.

One tube per bag



Place bag/s into supplied reply paid envelope box and seal.



Complete sender details on the back of envelope box and post to VCGS.



leaders in genetic health

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**NOTE: Cotton pad must be in bag in case of leak.*