



Patient Information Sheet on Deep Throat Saliva Collection

Time of specimen collection: After getting up and before brushing teeth, eating or drinking

Steps:



1. Prepare the items, including one specimen bottle and two specimen bags provided by AED / GOPC, and tissue



2. Perform hand hygiene with soap and water / alcohol-based hand rub



3. Check whether the personal details printed on the specimen bottle are correct



4. Open the specimen bottle and specimen bags



5. Make the noise of "Kruuuu" from the throat to clear saliva from deep throat



6. Remove surgical mask and spit saliva (about 4 ml) into the bottle. Avoid saliva contaminate the outer surface of the bottle.

(Repeat the previous step if the saliva volume is too little to fill up the bottom of the bottle)



7. Put on surgical mask



8. Close the lid of specimen bottle tightly to **ensure no leakage of saliva**



9. Clean the bottle surface with tissue



10. Put the bottle into specimen bag and then the 2nd bag. Keep the bottle upright all the time. Clean hands afterwards.