

Store collected saliva samples at room temperature (15–30°C/59–89°F) and ship within one (1) week after collection.

## Step 1. Contents

Open box. Confirm you have the following items:



If your kit is missing an item and/or you are experiencing difficulties with your kit or saliva collection, please contact us at: [clinical@myome.com](mailto:clinical@myome.com). Please include in your email, your name and kit number (KT-#####), which is located at the bottom of the MyOme box.

## Warnings and Precautions

- Do not use past the expiration date on the kit.
- Do not use if the device is broken or leaking. Discard unused, damaged or leaking kits in accordance with appropriate regulations.
- Do not remove the plastic film from the funnel lid. Kit contains stabilizing liquid. Wash with water if stabilizing liquid comes in contact with eyes or skin. Do not ingest. (See MSDS at [www.dnagenotek.com](http://www.dnagenotek.com))
- Small cap may pose as a choking hazard.



Scan QR code to watch saliva sample collection instruction video.  
[www.myome.com/saliva](http://www.myome.com/saliva)

Flip over for additional instructions.



## Step 2. Collection

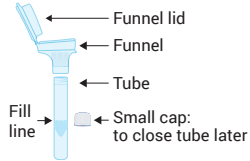
2a



30 min.

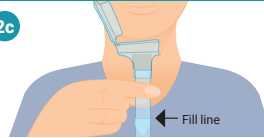
Do NOT eat, drink, smoke, or chew gum 30 minutes before collecting sample. **Tip:** The best time to give a sample is after waking up.

2b



Please fill both saliva tubes, which can take between 2 to 5 minutes for each tube.

2c



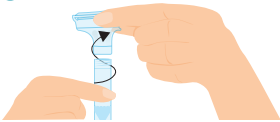
Spit into funnel until the liquid saliva (not bubbles) reaches the fill line. **Tip:** Rub cheeks to help produce saliva.

2d



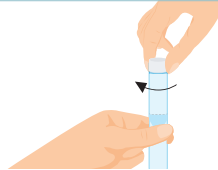
Hold the tube upright. Close the funnel lid by firmly pushing the lid until you hear a loud click. Make sure that the lid is closed tightly.

2e



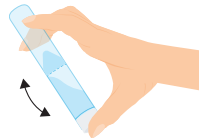
Hold the tube upright. Unscrew the funnel from the tube.

2f



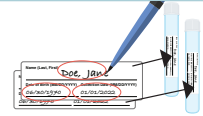
Use the small cap to close the tube tightly.

2g



Shake the capped tube for 5 seconds. Discard or recycle the funnel.

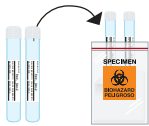
2h



Confirm, correct, or write-in patient name, date of birth and collection date on both labels. Place a completed label on each tube over the existing tube markings.

## Step 3. Packaging and Mailing

3a



Place both tubes into the biohazard bag and seal. Do NOT remove the adsorbent pad from the bag.

3b



Place biohazard bag into the bubble wrap. Place the bubble wrap into the box.

3c



Seal the box with the circle sticker. An extra sticker is provided. Place the box into the pre-labeled FedEx shipping bag.

3d



Call FedEx **1.800.463.3339** for pickup. Follow the prompts to schedule a pickup using a label. Give the tracking number on the FedEx label provided. Or drop off the bag at your local FedEx.