



Standard Operating Procedure

Saliva Collection Methods

I. POLICY: The Puerto Rico Clinical and Translational Research Consortium (PRCTRC) ensure the safety and well-being of employees, laboratory personnel, study coordinators, and those involved in the saliva collection.

II. PURPOSE: The objective of this Standard Operating Procedure (SOP) is to outline the method for the proper collection of saliva safely.

III. Area(s) of Responsibility: This SOP applies to the Principal Investigator (PI), laboratory personnel, authorized research collaborators including students and research participants.

IV. Procedures:

Self-collection of a rinse sample using a mouthwash

1. The participant will wash hands with soap and water for 20 seconds.
2. A 50ml sterile collection cup filled with 10ml of Scope will be given to the participant.
3. If the participant is chewing gum, they will be asked to remove the gum prior to the sample collection.
4. Participants will be asked to rinse/gargle with the mouthwash in their mouth for 30 seconds.
5. Then sip the mouthwash into the collection container, while trying not to spill the liquid.
6. Will be instructed to close the cup tightly.
7. Hand the sample to the study coordinator.
8. After labeling the sample, with participant ID number and collection date, it should be kept in a leak-proof bag with the biohazard symbol.
9. Place the sample into the transported box with ice until transported to the PRCTRC Lab, located in room number 122.

Self-collection of the oral swabbing samples

1. The participant will wash hands with soap and water for 20 seconds.
2. Take the cytobrush carefully over the edge, don't touch the sampling area.
3. Insert the cytobrush into your mouth; pull your cheek with your other hand.
4. Pass the cytobrush in a circular motion on the external gums (upper and Lower teeth)
5. Pass the cytobrush in the internal gums of your upper teeth.
6. Lift your tongue and pass the cytobrush on the inside gums of your lower teeth.

7. Do at least 10 strokes of the cytobrush around your gums.
8. Will be instructed to close the cytobrush tightly.
7. Hand the sample to the study coordinator.
8. After labeling the sample, with participant ID number and collection date it should be kept in a leak-proof bag with the biohazard symbol.
10. Place the sample into the transported box with ice until transported to the PRCTRC Lab, located in room number 122.

V. Safety Precautions:

1. Saliva is a body fluid which can be infectious. It must be handled with care.
2. Always handle used saliva collection devices with gloves.
3. Dispose used saliva collection devices into double biohazard bags.