



Standard Operating Procedure

Saliva Collection Method Using Mouthwash

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 50 ml sterile collection cup filled with 10 ml 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. The participant will be instructed to close the cup tightly and hand the sample to the study coordinator.
7. After labeling the sample, with participant ID number and collection date, it should be kept in a leak-proof bag with the biohazard symbol.
8. Place the sample into the transport cooler box with ice until transported to the PRCTRC Lab, located in room number 122.
9. The sample will be stored refrigerated until further analysis at the specialized laboratory.

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, without touching the sampling area.
3. Then, the participant will insert the cytobrush into the mouth; pulling the cheek with the other hand.

4. Next, the participant will pass the cytobrush in a circular motion on the external gums (upper and lower teeth) and also, in the internal gums of the upper teeth.
5. The participant will lift the tongue and pass the cytobrush on the inside gums of the lower teeth.
6. At least 10 strokes of the cytobrush around your gums must be completed.
7. The participant will be instructed to close the cytobrush tightly and hand it 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 transport cooler 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 of used saliva collection devices into biohazard bags.