Contact Information
If you have any questions, please contact the study office at: 1-800-447-6466.

U.S. Radiologic Technologists Study
University of Minnesota
Minneapolis, MN
www.radtechstudy.nci.nih.gov

Before you start:
• Plan ahead: The entire process takes about 10-15 minutes
• Choose a quiet location
• Sample can be collected anytime of day
• Do not eat, drink, smoke, chew gum, brush your teeth, or rinse your mouth for 30 minutes before collection

Instructions for Collecting a Buccal Cell Sample

A collaborative effort between the University of Minnesota School of Public Health, The National Cancer Institute, and the American Registry of Radiologic Technologists.

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Kit Contents

Consent Form
Questionnaire
Postage Paid Return Envelope
Saliva Collection Tube
Mouthwash
Specimen Bag
Bubble Pouch
Pre-Labeled Shipping Box
1. Read and Sign Consent Form
   - Carefully read enclosed consent form
   - Sign and return one copy with your questionnaire (see below)
   - A second copy is included for you to keep

2. Complete Questionnaire
   - Complete the enclosed questionnaire

3. Mail Forms
   - Place one copy of signed consent form and completed questionnaire in the large, postage-paid envelope provided. (For mailing instructions see step 10.)

4. Arrange Collection Supplies
   - Lay out kit contents on a clean flat surface
   - Unscrew cap from 50 ml tube and set cap aside face up (to prevent contamination)

5. Make Saliva
   - To make saliva, relax and close your mouth, wiggle tongue side-to-side or rub your cheeks
   - Collect as much saliva in your mouth as possible
   - Try to avoid making foamy (bubbles) saliva

6. Collect Saliva
   - Spit saliva into tube
   - If necessary, gently tap tube on a hard surface to reduce bubbles
   - Continue collection (if possible) until saliva fluid reaches fill line marked on tube
   - Screw on cap and stand upright

7. Add Mouthwash to Saliva
   - Open mouthwash bottle
   - Uncap saliva tube
   - Pour mouthwash to fill line marked on tube
   - Recap saliva tube tightly (to prevent leakage in transport)
   - Gently mix tube by turning upside down 3–4 times
   - Record date of sample collection on tube

8. Pack Saliva Sample
   - Place tube in specimen bag and seal using adhesive strip on bag
   - Place sealed specimen bag in bubble pouch and seal using adhesive strip on pouch

9. Pack Sample in Box
   - Place sealed bubble pouch in preaddressed, postage paid box provided
   - Pull off adhesive liner from box flap and seal box

10. Mail Sample
    - Place envelope and sealed box in U.S. mail box within 24 hours of collection (if possible)

11. Notify Study Office
    - Call study office to let them know your sample has been mailed
    - Toll-free number: 1-800-447-6466
    - When calling, please provide your name, telephone number, and the date your saliva sample was mailed.

Thank you for your participation!