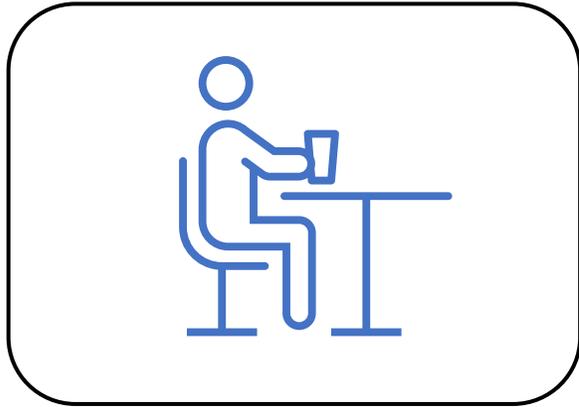
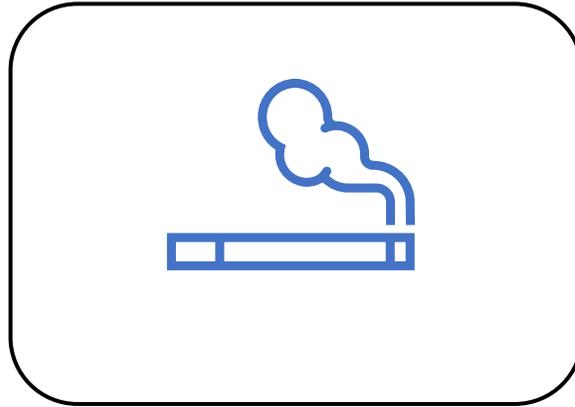


# Best Practices for Prepping for a Saliva Sample

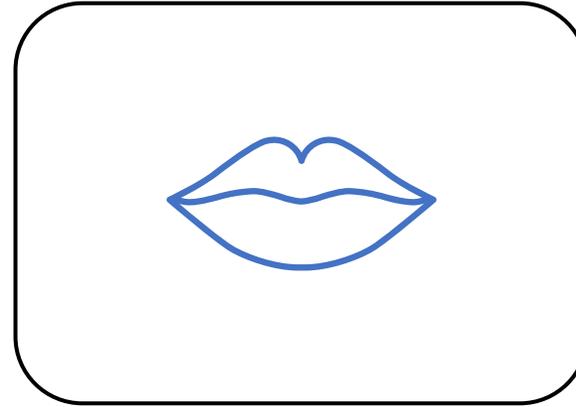
Do NOT do any of these things 60 minutes before the test!!!



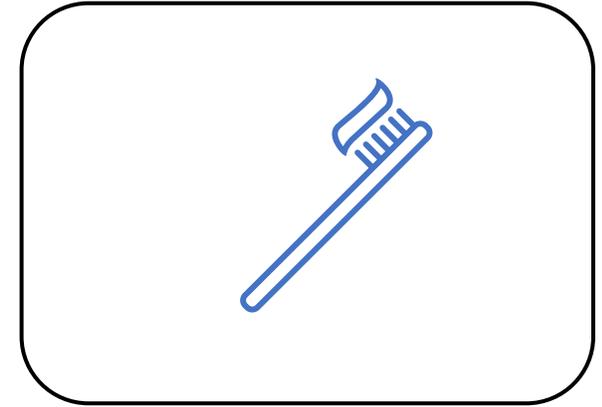
No Eating, Drinking  
(even water), or  
Chewing Gum



No Smoking



No Chapstick or lipstick



Do not brush your  
teeth or use  
mouthwash

