MAYO CLINIC LABORATORIES

Oral Fluid Specimen Collection Instructions for Controlled Substance Monitoring

Step-By-Step Collector/Collection Site Instructions

Patient Instructions
news.mayocliniclabs.com/therapeutics/oral-fluid/#patient-video

Healthcare Professional Instructions
news.mayocliniclabs.com/therapeutics/oral-fluid/#practitioner-video

Scan the QR codes to view video instructions.

Pre-Collection Preparation

1. On the collection date, describe the basic collection procedures to the patient.
   a. Confirm patient identity and list of current medications.
   b. Inspect the device before use to ensure it is within its expiration date and has not been tampered with. If the device is out of date, determine if an alternative specimen can be used during the upcoming appointment and immediately place an order for additional supplies. **Do not use device if there is evidence of tampering.**
2. If patient has recently taken an oral medication or used an inhaled medication, wait 2 hours before proceeding.
3. Ask the patient to open their mouth and inspect for any candy, gum, food, tobacco product, etc.
4. If the patient removes any item, has abnormally colored saliva, or indicates they have "dry mouth," provide up to 4 oz of water to the patient to rinse out their mouth, then wait 10 minutes before collecting the specimen. The patient may discard or drink the water after rinsing.
5. After 10 minutes or more have passed, instruct the patient to wash their hands while directly observing. Then, have the patient open the package with the **tip of the collection device pointed downwards**.

   TIP: To expedite the collection process, have the patient move their tongue side to side to accumulate saliva in their mouth before inserting the collection device.

Collection Device Donor Placement

1. Once the package has been opened, ask the patient to verify and remove the collection device components (transport tube and sealed collector pad) from its package, setting aside the transportation tube for use once collection has been completed.
2. Have the patient peel open the sealed package and remove the collector pad.

   TIP: Do not touch the collector pad itself or allow for it to be placed on the counter.
3. Have patient place collector pad under their tongue and verify accurate placement. Have the patient close their mouth as they would with a thermometer.

   TIP: To improve saliva collection, advise the patient to keep their head facing downward.

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Oral Fluid Specimen Collection Instructions for Controlled Substance Monitoring (continued)

Monitor Collection

1. Ensure the patient keeps the specimen collection device properly placed under the tongue with the pointed end of the device facing down during the collection process.

   TIP: Tell the patient to avoid talking, chewing, or sucking the collection pad during active collection.
2. Ensure the collection is performed correctly, and the device is working properly.

   TIPS: A solid **BLUE** line indicates a successful amount of volume has been collected.
   Do not remove the collection device at the first sign of BLUE.
   Collection is complete when the indicator turns **completely BLUE**, ***or*** 10 minutes have passed.

Prepare Specimen for Transportation

1. After collection is completed, remove the oral fluid collection transport tube from the collection kit contents.
   a. Hold the Quantisal transport tube in an upright position and uncap by pushing up with thumb(s).
   b. Instruct the patient to remove the Quantisal collector from their mouth and guide the saturated specimen into the uncapped transport tube.
   c. Once the collector is secured inside the transport tube, replace the cap.

   TIPS:
   - When the transport tube is properly closed, you will hear a definite "SNAP."
   - **Do not** spill or empty the proprietary blue buffer liquid from the tube.
   - **Do not** stand tube on the counter.
   - **Do not** place the collector back in mouth after it has been placed in the transportation tube.
2. Label the collection device with appropriate patient identification information, such as the patient's name, collection date, and any other unique identifiers (eg, birth date, medical record number, order number).
3. Store the collection device in a secure and appropriate container at ambient temperature until transport.
4. Ensure proper handling and storage to prevent contamination or damage to the sample during transit. If the sample cannot be shipped within 7 days of collection, freeze specimen and transport frozen.

Shipping address:
Mayo Clinic Laboratories
3050 Superior Drive NW
Rochester, MN 55905

For questions, contact:
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