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NHS
Sherwood Forest Hospitals
NHS Foundation Trust

INFORMATION FOR PATIENTS

Collection of a saliva sample using the Salivette tube

Sometimes a sample of saliva is needed for analysis instead of a blood sample. The instructions below tell you how to do this using the tube that your doctor/nurse has provided.

Before you collect the sample
It is recommended that you wait at least 30 minutes after eating, taking medicine or brushing your teeth before collecting a sample.

Collect the sample at the time of day/night that the doctor/nurse has told you to.

Taking the sample:

1) Remove the top cap of the tube so you can see the sponge. Do not remove the holder the sponge is inserted into.



2) Tip the sponge into your mouth from the tube without touching it.



3) Gently chew and roll the sponge in your mouth for 1-2 minutes. Then spit the sponge back in the tube without touching the sponge.



4) Put the cap back on the tube containing the sponge.

5) Check that the tube has your details written on it or a label containing your information.

6) Return the sample tube and the form the doctor/nurse gave you to the Pathology Department at either King's Mill Hospital or Newark Hospital.

Where do I deliver the sample to?

The Pathology Department at **King's Mill Hospital** is found by following the signs to the Bereavement Centre and the MRI Scanner. The department's main door is situated to the right near the top of the corridor.

There is a free 15 minute drop off/collection zone outside King's Mill Hospital's main reception and volunteers are available in the entrance foyer to give directions.

The Pathology Department at **Newark Hospital** is situated on the ground floor next to the Mercia Doughty Preoperative Assessment Unit.

When you arrive at Pathology you should take your sample to the delivery hatch at the reception. The staff will check your details and take the sample from you.

You are free to leave once you have handed in your sample as your results will be forwarded to your referring doctor.

Site maps and directions to King's Mill Hospital and Newark Hospital can be found on the Sherwood Forest Hospitals NHS Foundation Trust website – please see 'Further sources of information'.

How is my sample tested?

The sample is processed and sent to a specialist laboratory in Manchester.

How do I get my results?

Your results will normally be sent back to your referring doctor (GP or consultant) approximately 14 days after your test.

Results are not given out over the telephone in order to protect patient confidentiality.

What happens to my sample after it has been tested?

Once your sample has been tested and a result has been sent back to your referring doctor, the remaining fluid is incinerated.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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