

Pre-Op COVID-19 Testing: Saliva Collection Instructions

You are required to have COVID-19 testing 3-5 days before your scheduled surgery or procedure. Please get tested on time to avoid having your surgery or procedure delayed or cancelled.

Your scheduled surgery or procedure day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
When to submit your saliva sample	Prior Wednesday or Thursday	Prior Thursday or Friday	Prior Friday or Saturday	Prior Saturday or Monday	Prior Monday or Tuesday	Prior Tuesday or Wednesday

Choose a Patient Service Center (PSC) conveniently located close to your home or work

- This service is available at all PSC locations. Find a location by visiting rochesterregional.org/find-a-lab or by scanning the QR code.
- Plan 30-45 minutes for your visit
- All of your pre-op testing can be done in one visit (COVID-19 test, blood work etc.)



When you present to the Patient Service Center, please bring the following:

- Name of your surgeon or other proceduralist
- Date of your surgery or procedure
- Saliva sample, collected within 1 hour of arrival

SALIVA COLLECTION INSTRUCTIONS

High quality, reliable COVID-19 test results begin with a high quality saliva sample:

- To ensure specimen viability, you must arrive at a Patient Service Center **within 1 hour** of saliva collection
- No drinking (includes water, coffee etc.), chewing gum, smoking or chewing tobacco **for at least 10-15 minutes prior to sample collection**
- Collect your sample in the privacy of your home or vehicle (not in a shared or public space)
- Before collecting your sample, wash your hands (or use hand sanitizer)
- Begin pooling saliva in your mouth (try thinking about a favorite food)
- Open collection vial, place the funnel over vial and begin collecting sample (this may take up to 15 minutes)
- Your saliva sample should be **clear, watery fluid** (no sputum, coughing, thick material or food particles as this will cause the sample to be rejected)
- Fill the tube up to or just above the **red fill-line** (at least 1 ml, excluding bubbles); **tightly close cap**
- After collecting your sample, again wash your hands (or use hand sanitizer)
- Label your saliva collection tube (unlabeled tubes will not be accepted)
 - » First and last name
 - » Date of birth
 - » Time of your saliva collection
- A phlebotomist will register and inspect your sample (verify collection time, sample volume, clarity etc.)
- Your COVID-19 result will be reported within 48 hours; results will be immediately available to you through your MyCare account (Visit MyCare.RochesterRegional.org to set up an account if you do not already have one)
- Please also record information below- tear off (or fold this form) and place in your specimen collection bag

Name (printed, first & last) _____ Date of birth: _____

Date and time of saliva collection: _____

rochesterregional.org

RRH5179

