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.

<table>
<thead>
<tr>
<th>Your scheduled surgery or procedure day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>When to submit your saliva sample</td>
<td>Prior Wednesday or Thursday</td>
<td>Prior Thursday or Friday</td>
<td>Prior Friday or Saturday</td>
<td>Prior Saturday or Monday</td>
<td>Prior Monday or Tuesday</td>
<td>Prior Tuesday or Wednesday</td>
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</tbody>
</table>

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: __________________________