

# Instructions for Oral Fluid Sample Collections with Oral-Eze®

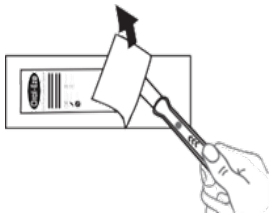
## Patient Self-Collection Instructions for physician-ordered tests\*, in instances when in-person collections are not available

### Self-Collection Prep

- Select a clean and dry place to collect the specimen. Review these instructions in full.
- Allow saliva to pool in your mouth for a minute.
- Empty your mouth of gum, food, tobacco prior to test. If your mouth is not empty, rinse your mouth with water and wait 10 minutes.
- Do not open the Oral-Eze collection package at this time. The package contains a plastic paddle and a plastic sample collection tube containing a liquid. The paddle has a cotton pad on one end and a plastic handle on the other end. There is a round window in the handle.

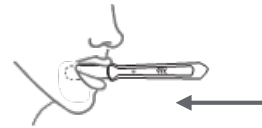
**Step 1** Open and unpack box, separate items. Peel open the Oral-Eze collection package just far enough for easy removal of the handle of the paddle. Remove paddle using the plastic handle, being careful not to touch the cotton pad.

Figure 1



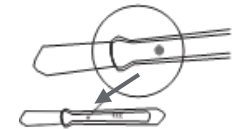
**Step 2** Place the paddle in your mouth between the lower cheek and gum with the cotton pad facing your gums/teeth. The cotton pad should not be facing your cheek. The round window should be facing the center of your mouth.

Figure 2



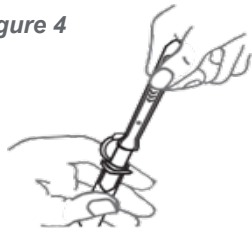
**Step 3** Start a 10-minute timer. Keep the pad in your mouth. Do not chew or suck on the pad. When the window in the handle of the paddle turns blue OR the timer reaches 10 minutes, the collection is complete. You can remove paddle and reinsert to check window.

Figure 3



**Step 4** Keep the paddle in your mouth. Now remove the plastic tube with liquid from the Oral-Eze collection package. Hold the tube upright and flip the cap open.

Figure 4



**Step 5** Remove the paddle from your mouth, and while holding the open plastic tube, place the cotton pad in the opening of the plastic tube. Place your thumb on the ridges of the plastic handle and slide forward to release the pad from the paddle and into the tube. If the pad does not immediately drop into the tube, lightly press the pad against the side of the tube until it drops.

Figure 5



**Step 6** Once the cotton pad is inside the tube, close the cap on the sample collection tube tightly.

Figure 6



**For questions about the Oral-Eze® self-collection package, please contact your healthcare provider.**

**For a video demonstration, please visit:**  
<https://www.questdrugmonitoring.com/resources>

\*Intended Use: The Oral-Eze® collection device is being supplied as part of a test ordered by your healthcare provider. This Oral-Eze® Oral-Fluid Collection System is intended for use by individuals under the supervision of trained professionals to collect, contain, and preserve oral fluid specimens after collection and during transport from the collection area to the laboratory. These instructions are for instances when in-person collections are not available.

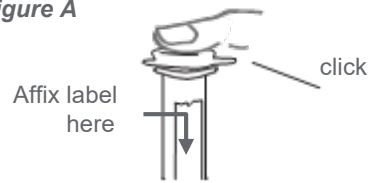
—Please see reverse side for packing/shipping instructions—

# Instructions for Oral Fluid Sample Collections with Oral-Eze®

## Packing & Shipping Instructions—collect specimen and ship on the same day

**Step A** Ensure sample collection tube is properly sealed.

Figure A



**Step B** Enter collection date information onto the provided requisition form.

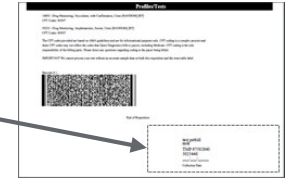
Figure B

Collection date

**Step C** Peel label (detachable lower section of requisition form) and affix to sample collection tube, lengthwise down the center of collection tube. (Figure C,A)

Figure C

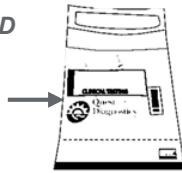
Peel label (lower section of form)



**Step D** Place the sample collection tube inside the provided specimen bag, in the main section of the bag.

Figure D

Form here



**Step E** Fold completed requisition form in half and place inside the specimen bag, in the smaller, pouch section of the bag. (Figure E,D)

Figure E

Fold here



**Step F** Firmly close the adhesive on the specimen bag and insert into the provided shipping box.

Figure F

Insert specimen bag



**Step G** Close shipping box with provided seal and affix provided “Return” shipping label to sealed shipping box (over existing label).

Figure G

Affix return shipping label (over existing)



**Step H** Place labeled shipping box into a convenient FedEx drop box or drop off at a convenient FedEx collection site.

Figure H



For questions about the Oral-Eze® self-collection package, please contact your healthcare provider.

For a video demonstration, please visit:  
<https://www.questdrugmonitoring.com/resources>