

# Behind the Blur: Early-Onset Bilateral Cataracts Genetic Test Program

## Collecting, shipping, and handling instructions for a saliva sample

Once you have received the Behind the Blur genetic test kit, it is important that you take or administer the test as instructed for accurate results. Follow these quick, step-by-step instructions on how to properly collect a saliva sample and ship it to the lab.



**BEHIND THE BLUR**  
Early-Onset Bilateral Cataracts

## PREPARATION

**Kit contents:** Tube containing 2 mL stabilizing solution, funnel with cap, test program brochure, test requisition form, consent form, and FedEx® Clinical Pak

**1** Avoid eating, drinking, chewing gum, brushing teeth, or smoking for at least 30 minutes before collecting the sample.

**2** Wash hands prior to handling tube or funnel to avoid contamination.

## COLLECTION

**Precautions:** Do NOT swallow the solution. If stabilizing solution comes into contact with skin or eyes, wash with plenty of water.



Unscrew cap from the tube. Keep cap for future use. Use caution to not spill the liquid. Screw collection funnel onto the tube gently. **Do not over-tighten.**



Place funnel to mouth and begin spitting into the funnel until the level of the liquid in the tube, not including bubbles, reaches the 4 mL line. This could take between 2 and 5 minutes.

To encourage saliva production, rub the inside of your cheek with your tongue, or gently massage the outside of the cheeks.



Remove collection funnel and replace the cap onto the tube tightly. Discard the funnel.



Shake the tube back and forth several times to mix the saliva with the solution.

## SHIPMENT

**1** Write the patient's name, date of birth, and collection date on the label. Place the label on the collection tube.

**2** Place tube into the pre-paid FedEx Clinical Pak.

**3** Sign the consent form for Molecular Genetic Testing and include it with your collection.

**4** Send back to PreventionGenetics as soon as possible. No special shipping requirements, such as refrigeration, are needed.

Visit [BehindtheBlur.com](https://BehindtheBlur.com) or scan the QR code to watch the tutorial video.

**QUESTIONS OR CONCERNS?** Contact a PreventionGenetics Client Service Rep at (715) 387-0484, ext. 0, or our Genetic Counseling Team at option 2, or email: [support@preventiongenetics.com](mailto:support@preventiongenetics.com).

