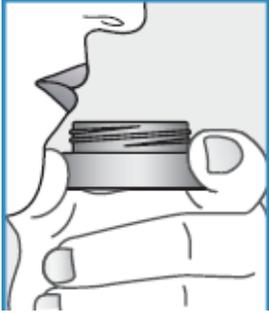
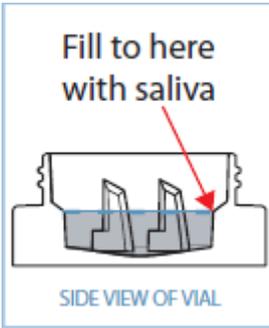
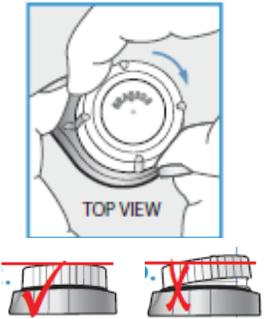


## INSTRUCTIONS FOR SALIVA COLLECTION FOR DNA ISOLATION

### UNIVERSITY OF CALIFORNIA LIMB MALFORMATION STUDY

**Please read all the instructions carefully before you begin.**

	<p>1) Please do not eat, drink anything except water, smoke or chew gum 30 minutes before giving the sample.</p> <p>2) Rinse your mouth vigorously with water to remove any food particles, spit out the water, and wait 30 seconds to allow saliva to reenter your mouth.</p> <p><b>Tip:</b> It's easier to spit a few larger amounts of saliva than several small amounts. Relax and gather as much saliva as possible in your mouth before you spit.</p>
 <p>SIDE VIEW OF VIAL</p>	<p>3) Spit into the bottom of the vial until the level of saliva (not bubbles) reaches at least the level the dotted line (see picture at right). Placing a small amount of sugar on your tongue will make this easier if you are having trouble generating enough saliva. Please finish spitting within 30 minutes after you start.</p> <p><b>Tip:</b> It takes most people about 2-5 minutes to provide a saliva sample. If you are still having trouble, close your mouth and wiggle your tongue or rub your cheeks.</p>
 <p>TOP VIEW</p>	<p>4) Screw the white cap onto the collection container, being sure it is <b><i>firmly tightened</i></b> and mix gently, watching closely to make sure the vial doesn't leak (if it does, please try tightening the cap again).</p> <p><b>Tip:</b> Please do not remove the plastic film from the white cap; it is designed to be pierced and release its liquid contents into the bottom of the vial when the cap is screwed on. When the container is tightly closed, the tabs on the cap will be lined up with the tabs on the base of the container.</p>

5) Place the collection vial in the small sandwich-sized plastic bag and write the name of the person who placed saliva in it clearly on the small white label that's inside the bag. Remove most of the air in these bags, so they can be packaged more efficiently.

6) Insert the small plastic bag containing the saliva sample along with the signed consent forms and filled out study questions into the bubble wrapped envelope which has a prepaid return label and place it in the regular mail. Feel free to keep the other paperwork for your records.

**Thank you very much for your participation!**