

## Collecting Salivary IL-6

### Sample Collection Method Overview

- ✓ **Passive Drool**
- ✓ **SalivaBio Swabs**

### + Special Considerations

Under healthy, normative conditions, there is no evidence of a serum-saliva correlation for IL-6, and therefore, salivary IL-6 is likely to reflect inflammatory processes locally in the mouth

### + Sample Collection (General Procedure)

#### Before Sample Collection

- Avoid foods with high sugar or acidity immediately before sample collection, since they may compromise the assay by lowering saliva pH and increasing bacterial growth.
- Document consumption of alcohol, nicotine, and prescription/over-the-counter medications within the prior 12 hours.
- Document vigorous physical activity within 4-6 hours of collection
- Document the presence of oral disease or injury.
- Consider documenting parameters to estimate saliva flow rate.
- Rinse mouth with water to remove food residue and **wait at least 10 minutes** after rinsing to avoid sample dilution before collecting saliva.

#### During Sample Collection

- **Recommended Collection Volume: 135 µl\***
- Follow desired sample collection device protocol.

\*Add 300 µl to the total volume of all tests for liquid handling loss

#### After Sample Collection

- Record the time and date of specimen collection.
- Refrigerate samples immediately (if possible) and freeze at or below -20°C (household freezer) as soon as possible (within 4 hours of sample collection)
- Samples visibly contaminated with blood should be recollected.
- Do not add sodium azide to saliva samples as a preservative.