

Viome Discovery™

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**CancerDetect™**

Oral & Throat

**Start here**



## **CancerDetect™**

Oral & Throat

This single-use kit provides materials and instructions for collecting and preserving genetic material (RNA) from a saliva sample which will be analyzed to detect molecular features associated with Oral Cancer and/or Throat Cancer.



For detailed video instructions, visit [cancerdetect.viome.com/stepstotest](https://cancerdetect.viome.com/stepstotest)

Scan this code  
to see the video  
instructions on  
your phone.



This booklet will guide you through the steps below.



**Register  
your kit**



**Collect your  
saliva sample**



**Send your  
sample**



## Before you begin

It's important to collect your sample properly so it can be processed by our lab staff. Please read through the full instructions before proceeding (or visit [cancerdetect.viome.com/stepstotest](https://cancerdetect.viome.com/stepstotest) for detailed video instructions).

## Safety Precautions

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### FOR EXTERNAL USE ONLY

#### Do Not Spill

The preservative liquid solution in the sample tubes may pose a health risk. If the preservative comes into contact with eyes or skin, flush with running water. See a physician if a rash or irritation develops. In case of ingestion, do not induce vomiting. Instead, dilute by drinking milk or water. Call a local poison center or a physician immediately.

#### Store Safely

Safe Storage Requirements: Store kit contents out of reach of children. Store kit and contents at room temperature.

#### Call for Support

Contact Customer Experience at +1 (855) 958-4663 for further guidance.

### Any Questions?

Have questions about the test and how it works? Viome is here to help. Read our full FAQ online here: [cancerdetect.viome.com/testing](https://cancerdetect.viome.com/testing)



Please collect your sample and send back to us as soon as possible. If your kit is expired, please contact our Customer Experience team at [support.viome.com](https://support.viome.com) for further guidance.



## Register your kit



It is important to register your kit so that we can tell this kit belongs to you.



1



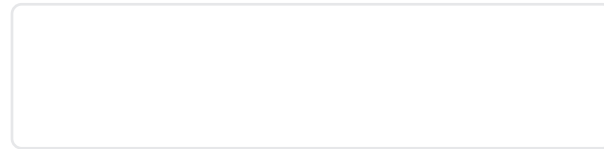
Scan the QR code below or visit [cancerdetect.viome.com/register](https://cancerdetect.viome.com/register)



2



Follow the instructions from the link to register your kit, and complete account registration.



Keep this ID until you've received your results.



**Collect your  
saliva sample**

## You should see the following in your Saliva Collection Kit:



**Collection Tube**  
x 1



**Funnel**  
x 1



**Cap**  
x 1



**Clear Bag with  
Absorbent Pad**  
x1



**Mailing Bag**  
x1



## Things to Know Before Collecting



### **Time to Collect Your Sample**

Collect within 1 hour of waking up before drinking and eating (water is OK). Do not brush teeth or use mouthwash.



### **Follow the Correct Order**

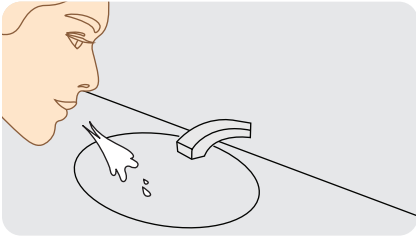
Do not screw the Cap on the Collection Tube before instructed to do so. This will render the test kit unusable.



### **Not Enough Saliva?**

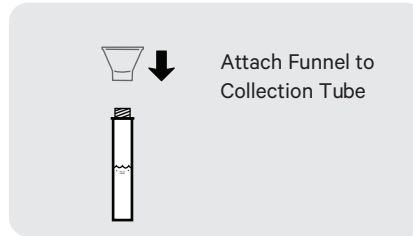
If you have difficulty collecting enough saliva for this test, try these techniques: gently massage your cheeks, gently gnaw or chew on your tongue, or think about sour food like lemon or your favorite food.

1



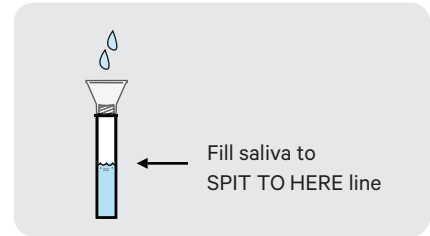
Rinse your mouth with water for 10 seconds and spit into your sink.

2



Avoid touching the inside of the Funnel when removing from kit. Attach the Funnel to the Collection Tube by pressing it down onto the top of the tube. Do not screw the Funnel on.

3

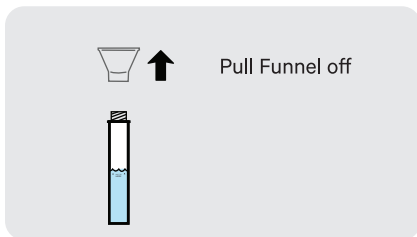


Allow saliva to pool in your mouth and then spit into the Funnel. Fill tube to within 1-2mm of the SPIT TO HERE line. If you fill over the line, pour some out until it reaches the line. Add more if needed. Do not measure bubbles.



If having trouble salivating, please check out tips from the previous page.

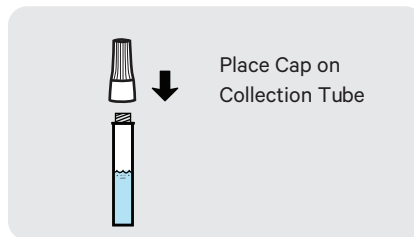
4



Holding the Collection Tube in an upright position, carefully pull the Funnel up and off of the tube. Take caution and be careful to avoid spilling.

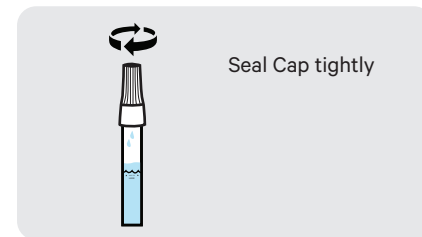
Dispose of the Funnel into the trash.

5



Avoid touching the inside of the Cap as you place the Cap on the top of the Collection Tube.

6



Screw the Cap on clockwise tightly to be sure the tube is properly sealed.

Please note the solution in the Cap will be released into the tube as it is screwed onto the tube. The level in the tube will rise up above the SPIT TO HERE line — this is expected. There is no need to pour any solution out to bring the level back down to the black line.

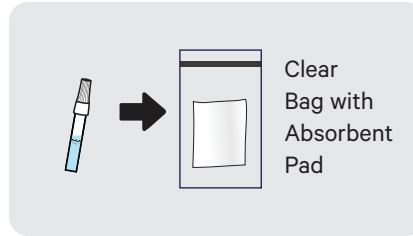
Do not reopen the Collection Tube after it has been sealed.

7



**Vigorously shake the sealed Saliva Collection Tube in a back and forth motion for 15 seconds.**

8



**Seal your Saliva Collection Tube inside the Clear Bag with Absorbent Pad.**

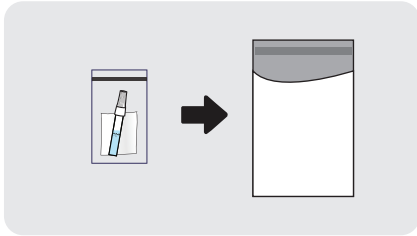
Store your sample at room temperature and proceed to the next step.



**Send your  
sample**

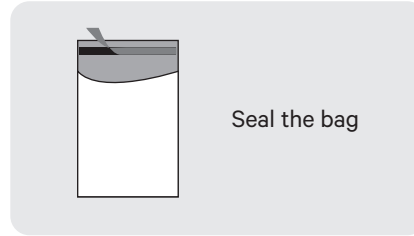


1



Place the saliva sample into the provided Mailing Bag.

2



Remove the paper strip from the Mailing Bag to expose the sticker strip, and press firmly to properly seal the bag.

3



Use the prepaid, addressed Mailing Bag included in your test kit and send via USPS.



Send your sample to us as soon as possible (preferably the next business day). Store your sample at room temperature before shipping.

# Track your sample



Log into your CancerDetect™  
account online at  
[my.viome.com/login](https://my.viome.com/login)



### **Privacy**

Privacy Protection is “built in” to our process: To ensure the confidentiality of your data, we separate your personally identifiable information (PII) from protected health information (PHI) and use multiple layers of encryption and access protection.



### **CLIA Compliance**

Your microbiome analysis is performed in a US laboratory (located in Bothell, WA) that is certified to meet CLIA standards. A CLIA certified lab must meet certain quality standards and ensure the accuracy and reliability of your results. Rest assured your sample is in expert hands.

**Questions? We're here to help!**

**Visit [support.viome.com](https://support.viome.com)**

[support@viome.com](mailto:support@viome.com)

+1 (855) 958-4663

Learn more about our  
wellness tests at [viome.com](https://viome.com)

For more information about  
Viome Life Sciences, visit  
[viomelifesciences.com](https://viomelifesciences.com)

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