

Have you:



- **Drank anything**
(water, coffee, milk, etc.)



- **Eaten/Chewed anything**
(gum, mints, etc.)



- **Smoked**



- **Applied lipstick or chapstick**



- **Brushed your teeth**

Within the last 60 minutes?



You will need to wait and return to test once the 60 minutes is completed.