

Instructions for saliva sample kit

Before collecting the sample:

- Please clean your teeth 30 minutes before collection to reduce food particles mixing with the saliva sample. Please do not use mouthwash.
- Wait at least 30 minutes after brushing your teeth before collecting your saliva sample.
- Do not eat, drink or chew gum for 30 minutes before collection.
- There is a DNA stabiliser inside the collection tube, so please keep the tube upright to avoid any spillage.
- Check liquid level in the collection tube is at the 2ml line before opening.



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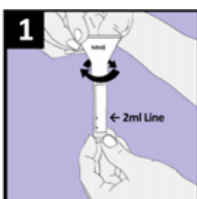
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Sample box

- 1 - Kit box
- 2 - Collection tube
- 3 - Detachable funnel

Taking the sample

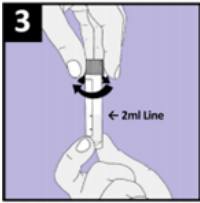
We only need a saliva sample from the young person taking part (not the parent/guardian).



1. Remove cap from the collection tube (set aside somewhere safe for later). Screw on the funnel – be careful not to overtighten.



2. Spit into the funnel until the level of the liquid (below any bubbles) in the tube is at the 4ml line.
 - This can take a while; sample does not have to be completed quickly.
 - To encourage saliva production, you can rub the inside of your cheeks with your tongue and/or gently massage your cheeks.

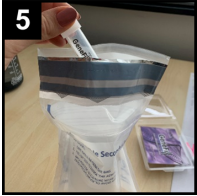


3. Unscrew the collection funnel and put the cap back on to the collection tube and screw tightly.

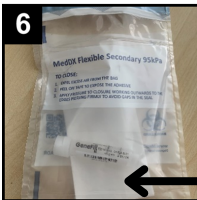
- Throw away the funnel



4. Shake the sealed collection tube several times to mix the saliva with the solution.



5. Put the filled collection tube into the clear plastic safety bag provided (if you have more than one tube, please put all the filled tubes into one bag). You can discard the transparent saliva kit box and the funnel.



6. Make sure that the white absorbent sheet is in the bag. Seal the bag to ensure it does not leak.

white absorbent sheet



7. Place the safety bag with sample(s) into the pre-addressed, white cardboard mailing box (with the tracked 48h sticker).



8. On the top right hand corner of the mailing box, circle the number of tubes you put in the box.



9. Seal the box with the 'security seal' label provided and post it using any Royal Mail post box (postage is pre-paid).

Please do not post anything with your child's name. We know who the sample is from, because of the barcode on the sample tube. Samples are stored separately from personal information, to maintain anonymity.

If anything is missing, or you need a replacement kit, please email dcyphr@bioresource.nihr.ac.uk