

Child Saliva Sample Collection Instruction Sheet

Thank you for your participation in The ORIGINS Project. Following are instructions on how to collect a saliva sample from your child.

The saliva sample you collect will be used to measure levels of salivary antibodies and stress hormones.

Before collecting any samples, please plan how you will get your samples to the ORIGINS team by scanning the QR code or following the link for more information:

https://originsproject.telethonkids.org.au/for-participants/sample_collection/



STEPS FOR CHILD SALIVA SAMPLE COLLECTION

1. Check your Child saliva sample kit contains:

- **1x Saliva swab**
- **1x Saliva collection tube**
- **1x pair of gloves**
- **1x 10ml syringe**
- **1x Saliva Request Form**
- **1x A5 Sample Questionnaire Form**
- **Biohazard Bag**



2. Remove saliva sample kit contents and ensure all contents are present.
3. Get your child to sit on a chair or someone's lap.
4. If your child has ingested food or drunk anything other than water in the last hour get them to have a drink of water, then wait 10 minutes.
5. Remove lid from the saliva sample tube and keep out of reach of children. Put on gloves and remove saliva swab from packaging.
6. Please complete the A5 form regarding what you have consumed in the last 12 hours and place in the front pocket of the biohazard bag.
7. Place the saliva sponge into your child's mouth in the cheek pouch (the space between the gums and the inner cheek). Your child must be supervised at all times when the swab is in their mouth, to remove risk of choking.
8. Gently move the saliva sponge around the upper and lower cheek pouches on both sides of the mouth to soak up as much saliva as possible. There is no need to 'scrape' the inner cheek with saliva sponges.

9. Collect for a full 60-90 seconds by resting the swab inside the mouth (Get child to bite down on swab) or **collect in intervals** by re-introducing the swab into the mouth as needed, until the lower third of the swab is saturated (See picture below).



10. Remove the plunger out of the syringe and fold the saturated swab an half and place inside the syringe.
11. Replace the plunger into the syringe and hold over the saliva sample tube. Compress the swab so saliva is pushed into the saliva sample tube.



10. The Ideal volume is at least 1ml (Please see below photo).

Aim for



Minimum



11. Replace the lid of the saliva sample tube and discard both the syringe and swab.
12. Place sample in biohazard bag and seal the bag.
13. You then need to complete the biological request form, including the following information, and place it in the front pocket of the bag
- Select which sample has been collected (saliva)
 - Your child's full name
 - the date and time of sample collection
 - At which timepoint the collection is (3 years or 5 years)

Thank you for being a part of this valuable research

Any queries please contact The ORIGINS team



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