

## Infant 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 infant.

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



### STEPS FOR INFANT SALIVA SAMPLE COLLECTION

**We recommend you have two people present when you are collecting your sample, if possible.**

1. Check your infant 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. Have someone hold your infant for you.

3. If your infant has ingested food or fluid other than water in the last hour, get your infant to have a drink of water then wait 10 minutes.

4. Remove lid from the saliva sample tube and keep out of reach of child. Put on gloves and remove saliva swab from packaging.

5. Please complete the A5 form regarding what your child has consumed in the last 12 hours and place in the front pocket of the biohazard bag.

6. Put the date of collection on saliva sticker label provided and stick on the saliva collection tube (see below photo).



7. Place one end of the swab under the child's tongue. The swab must be held in the mouth at all times by a parent to remove risk of choking. For very young infants it may be possible to only collect pooling saliva at the corners of the mouth. Collect for a full 60-90 seconds by resting the swab inside the mouth 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).

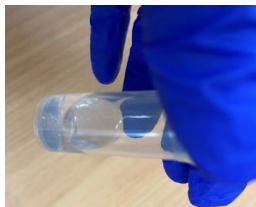


8. Remove the plunger out of the syringe and place the saturated swab inside. Fold the swab in half and place it inside the syringe.
9. Replace the plunger into the syringe and hold over the saliva sample tube. Compress the swab so saliva is pushed into the saliva sample tube.



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 filling in the below information
- 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 (one-year)

***Thank you for being a part of this valuable research***

Any queries please contact The ORIGINS team

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