

## Adult Buccal (cheek cell) Sample Collection Instruction Sheet

Thank you for your participation in The ORIGINS Project. Following are instructions on how to collect your buccal (cheek cell) sample at home.

A buccal sample is a valuable source of DNA (genetic) information. The samples will be used to measure how genes interact with diet and environmental exposures to influence the development of many organ systems and how this impacts on the risk of chronic health conditions.

**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:**

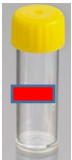
[https://originsproject.telethonkids.org.au/for-participants/sample\\_collection/](https://originsproject.telethonkids.org.au/for-participants/sample_collection/)



### STEPS FOR ADULT BUCCAL SAMPLE COLLECTION

1. Check your Adult buccal sample kit contains:

- 1x Floq swab
- 1x Buccal collection tube (contains collection fluid)
- 1x pair of gloves
- 1x Buccal Request Form
- Biohazard Bag



2. Remove buccal sample kit contents and ensure all contents are present.

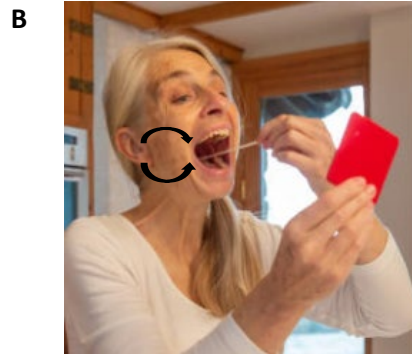
3. If you have ingested food or fluid other than water in the last hour have a drink of water, then wait 10 minutes Wash hands thoroughly with warm, soapy water and dry well. **Put on gloves.**

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




5. Remove the cap from 5ml tube, taking care to place it somewhere where it can't be knocked over. Remove floq swab from tube, taking care not to touch the end of the swab with your fingers.

6. You need to open your mouth and put the soft end of the swab into the participant's mouth and rub up and down 10 times against the inside of the right cheek (A). Then rub in the grooves (sulcus) next to the top and bottom gums for 5 seconds (B).

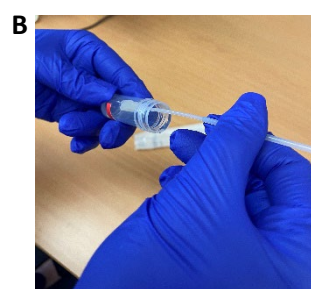


7. Repeat the process on the inside of the **left** cheek (step 7)
8. Immediately after collection, swirl floq swab into the labelled buccal swab tube containing collection fluid for **30 seconds** (see diagram A). Rub the swab against the inner walls of the tube to dislodge cellular material (See diagram B).

 (rotate in the liquid)



 (rotate against the inner wall)



10. Replace the lid of the collection tube and discard the floq swab.
11. On the biological request form fill in all relevant information including:
- Which sample has been collected (buccal swab)
  - The date and time of sample collection
  - At which timepoint or gestation stage the sample was taken (e.g. 20, 28 or 36 weeks pregnant)
12. Place the form in the front pocket of the biohazard bag and the sample inside the bag, then seal it.
13. Consult the ORIGINS website to find out how you can now get this sample to the ORIGINS team if you haven't already.

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

Any queries please contact The ORIGINS team



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