

## Adult Saliva Sample Collection Instruction Sheet

Thank you for your participation in The ORIGINS Project. Following are instructions on how to collect your saliva sample at home.

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

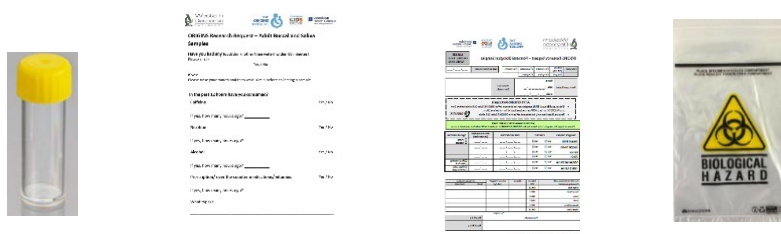
**Before collecting any samples, please plan how you will get your samples to the ORIGINS team by scanning the QR code or following the link for more information:**

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



### STEPS FOR ADULT SALIVA SAMPLE COLLECTION

1. Check your saliva sample kit contains:
  - **1x Saliva collection tube**
  - **1x Saliva Request Form**
  - **1x A5 Sample Questionnaire Form**
  - **Biohazard Bag**



2. Remove any lip products e.g. lipstick or lip balm
3. Remove saliva sample kit contents and ensure all contents are present.
4. If you have ingested food in the last hour 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.
6. Please complete the enclosed form regarding what you have consumed in the last 12 hours and place in the front pocket of the biohazard.

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



8. Allow saliva to pool in mouth, sometimes imagining you are eating your favourite food will help this process.
9. Tilt your head forward and deposit your saliva directly into the saliva tube (see below photo).



10. Repeat previous steps until the saliva collection tube is half full at least 3mls (see above picture). Once this amount is reached place the yellow lid on saliva collection tube ensuring it is tightly sealed to prevent leakage.
11. Once the lid is tightly sealed place saliva collection tube in the sealable part of the biohazard bag and seal.
12. You then need to complete the biological request form filling in the below information
- Select which sample has been collected (saliva)
  - Your full name
  - the date and time of sample collection
  - At which timepoint the sample was collected – if you are pregnant, please write the timepoint that is closest to your current gestation (i.e. 20, 28 or 36 weeks)
13. Place this request form along with the A5 form you completed above in the front pocket of the biohazard bag.

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

Any queries please contact The ORIGINS team



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