Saliva Sample Collection Instructions

You are receiving this package because your child is due for a saliva collection. Please collect the saliva sample from your child and return it to us (with the completed form) as soon as possible. Check with your study coordinator about what day to collect the sample specimen. Timing of collection is very important so that samples are not stored for more than 2 days in personal freezers prior to reaching the study site.

NOTE: If you also received blood, stool and/or urine collection materials, please make the appropriate arrangements to collect all samples as close together as possible (same day is preferred). Also keep in mind that blood must be shipped on the same day that it is drawn.

SUPPLIES

Enclosed you will find:

- 3 Pre-Labeled Saliva Collection Tubes
- Saliva Capture Swab or Chew
- Styrofoam Sample Shipment Box
- Return Shipment Mailing Materials [if applicable]
- Zip-Lock Specimen Bag
- Gloves
- Freezer Pack
- Saliva Collection Form (complete and return with sample)

*Use the provided collection container to avoid contamination of the specimen.

STEPS

NOTE: Siblings and parents will only be donating a saliva sample once.

For adults and children ages 6 and up:

1. Create a workspace on your bathroom counter with paper towels to catch any saliva spills. Put on gloves provided in kit.
2. Abstain from eating and drinking for at least 1 hour before saliva sample collection. Further, do not collect within 2-3 hours after brushing teeth or using mouth wash.
3. Lift the cap from the saliva collection tube and remove the chew swab from the tube.
4. Place the chew swab in the mouth and chew for 90 seconds.
5. Immediately after saliva collection, insert the saliva saturated chew swab into the collection tube. Recap tightly.
6. Repeat with the second and third tube.
7. Place the collection tubes into the zip-lock specimen bag and seal.
8. Place in the freezer within 15 minutes of collection, standing upright in the bag. Place the freezer pack separately in the freezer (away from the stool, so the stool freezes quickly). Store in the freezer until the time of shipment or the time of your study appointment.
9. Complete the Saliva Collection Form.

For children ages 5 and under:

1. Follow step 1-2 above.
2. Remove saliva capture swab from packaging. Securely hold one end of the device and place the other under the child’s tongue. With small children, it may only be possible to collect pooling saliva (at corners of mouth or under tongue).
3. Collect for a full 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.
4. Immediately after collection, remove cap of provided collection tube and insert saliva saturated end of the swab into the tube. Fold over the dry end of the swab into the tube as well. Recap tightly.
5. Follow steps 6-9.

SHIPPING

Place the zip-lock specimen bag with the saliva collection cup in the insulated Styrofoam box, with the freezer pack. Bring/mail to your study site, making sure it stays frozen during transport.

*Saliva must be completely frozen before transporting it. Bring/mail to study site within 2 days of collection.
QUESTIONS
It is easiest to get in touch with us via email at MGHGEMMA@mgh.harvard.edu. If you have an immediate question, you may also reach Sammy by phone at (617) 643-6918.