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T1D-DAB THE DIVERSITY OF TYPE 1 DIABETES ACROSS BRISTOL STUDY

How to Collect Your or Your Child's MouthSwab Sample?



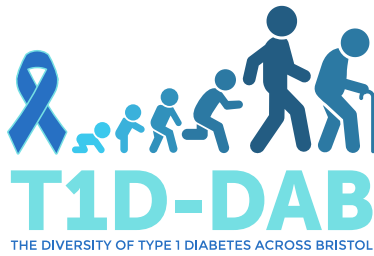
Important Reminders Before You Begin:

- Allow 5 minutes to complete the mouthswab sample collection
- Please make sure that you (or your child) have no food in your (or their) mouth.
- Have a sharp pair of scissors (not provided in the collection kit).
- Have a clean, flat surface to stand the collection tube on.
- Do not forget to wash your (and/or your child's) hands before and after the collection.
- Please contact us if anything is missing or if you need a replacement kit.

Disclaimer: This collection method is for people **aged 3 years and over** and should be completed by an adult or under adult supervision.

Warning: The collection tube contains a detergent sample collection liquid. Do not discard or spill it, and do not drink it.

Caution: The mouthswab sticks are a choking hazard for young children. Do not leave your child unattended during the sample collection.



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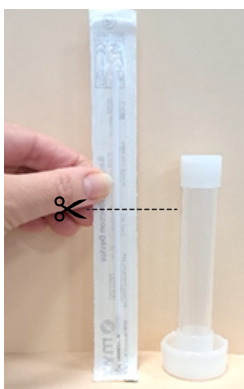
The mouthswab collection kit should contain the following :

- A. Sample return form**
- B. Postal Box**
- C. Mouthswab sample collection Instruction sheet**
- D. Biohazard Bag**
- E. Freepost Return envelope**
- F. Collection tube**
- G. A Mouthswab**
- H. A Stand**



Please read all the instructions carefully.

They will help you collect the mouthswab sample correctly.



Step 1

Stand the **Collection tube** into the **stand provided**.

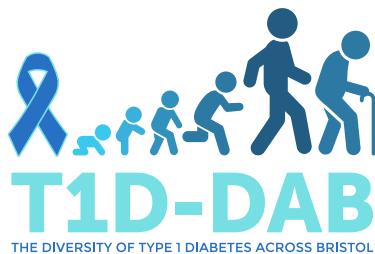
Warning: the collection tube contains a sample collection liquid.
Do not discard or spill. Do not drink-contains detergent.



Step 2

Using sharp scissors, cut off the excess stick so that the swab will fit into the tube when closed.

Leave enough length to hold the swab while collecting your sample.



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Step 3

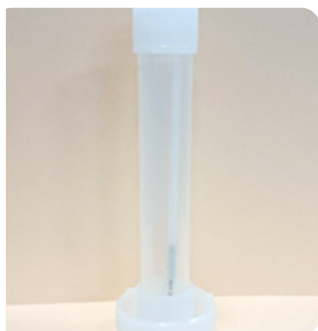


Remove the **Mouthswab** from its packaging.

Rub the **Mouthswab** around the inside of the mouth, along the upper and lower gums and on the inside of both cheeks, for around **30-40 seconds**.

Tip: Do not touch the soft head of the mouthswab with your fingers. Please do not open the mouthswab until you need to use it.

Step 4



Place the used **Mouthswab** into the liquid at the bottom of the **Collection tube**.

Tightly close the lid of the **Collection tube**.

Step 5

Please write the date and time you collected the sample onto the **Sample Return Form**.

Return the **Sample Return Form** with your sample in the **Postal Box**.

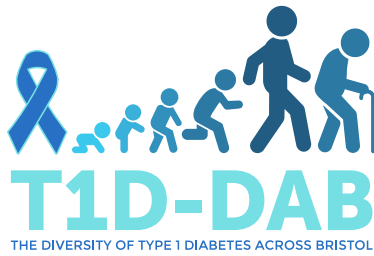
Step 6

Remove the **Collection tube** from the **stand**.

Then, put it into the **Biohazard Bag** and seal it shut.

Place the **Biohazard Bag**, the completed **Sample Return Form**, and the **Stand** into the **postal box** and close it.





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Step 7



Seal the **Postal box** inside the **Freepost return plastic envelope**.

Please return your sample using any Royal Mail post box as soon as possible.

Tip: Other samples collected at the same time can be returned in the same packaging.

Thank you for your help with this sample collection!

For more information, please visit our study website [here](https://tinyurl.com/T1D-DAB-sample-collection):

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If you have questions or need assistance, please contact us.

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