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

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

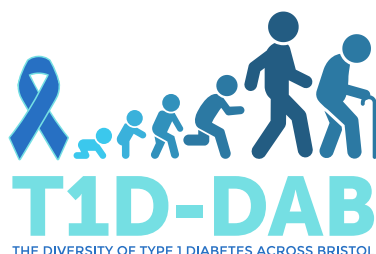


Important Reminders Before You Begin:

- Allow 5 minutes to complete the saliva collection.
- We recommend waiting at least an hour after eating, drinking, brushing teeth, or taking any medication (except insulin) before collecting your (or your child's) saliva.
- Please rinse your child's or your mouth with water for 1-5 seconds, 10 minutes before collecting the sample.
- 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.

Caution choking hazard: Do not leave a child unattended with the Absorbent cotton roll in their mouth.



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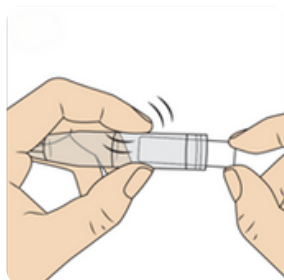


The saliva collection kit should contain the following:

- A. Sample return form**
- B. Postal box**
- C. Saliva sample collection Instruction Sheet.**
- D. Insert tube**
- E. An absorbent cotton roll**
- F. Collection tube**
- G. Biohazard bag**
- H. Freepost Return envelope**



**Please read all the instructions carefully.
They will help you to collect the saliva sample correctly.**



Step 1

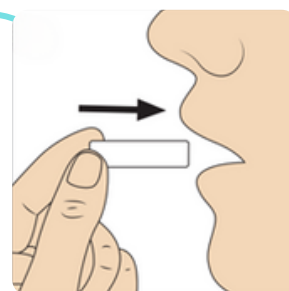
Remove the **Blue sealing cap**.
Use two fingers to remove the **Absorbent cotton roll** from the **Insert tube**.

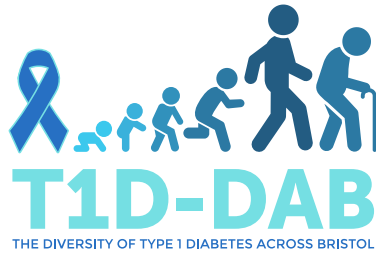
Step 2

Put the **Absorbent cotton roll** into your (or your child's) mouth and keep it in there for two minutes.

Warning choking hazard: Do not leave a child unattended with the Absorbent cotton roll in their mouth.

Tip: if you collect a small amount of saliva, please keep the Absorbent cotton roll in your (or your child's) mouth for a little longer.



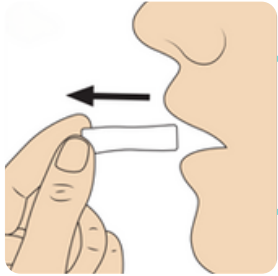


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Step 3

After two minutes, take the **Absorbent cotton roll** out of your (or your child's) mouth.



Step 4

Please put the **Absorbent cotton roll** back into the **Insert tube**.
Tightly close the **Collection tube** with the **Blue sealing cap**.



Step 5

Put the **Collection tube** into the **Biohazard bag**, which is provided in this collection kit.



Step 6

Please write the date and time of the saliva collection on the sample return form provided with the collection kit.

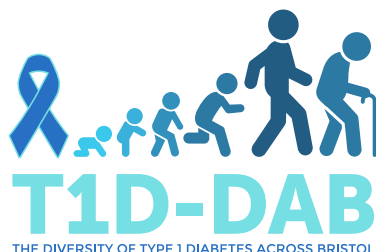
Then, put the **Biohazard bag** and the completed sample return form into the **Postal box**.



Step 7

Please seal the **Freepost Return envelope** and return it to us using any Royal Mail post box as soon as possible.

This **Freepost Return envelope** was included in your sample collection kit and is labelled with our return address.



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Step 8

For the best results, we recommend you return the sample to us on the same day it is collected.

If you can't return your or your child's sample right away, store the collection tube in the fridge.

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 watch the video on how to collect your saliva sample on our study website **here:**

<https://tinyurl.com/T1D-DAB-sample-collection>

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

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