

First STEPS

Saliva Sampling Procedure



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE

The following are instructions for collecting saliva samples. Please follow these instructions as closely as possible. We have also provided you with a script to talk your child through the collection process, to help them feel at ease and included. If at any time your child expresses discomfort or distress, please cease the collection immediately and try again at the next sampling time.

Before you begin

Check that you have a swab, sand timer, correct test tube*, bag and pen.

*Please Note:

- Tube with the **Yellow Dot** is for the **Wake-Time Sample**
- Tube with the **Red Dot** is for the **30 Minutes After Waking Sample**
- Tube with the **Green Dot** is for the **Mid-Afternoon Sample**
- Tube with the **Blue Dot** is for the **Bedtime Sample**

Please collect saliva samples prior to or at least 30 minutes after food or liquid consumption (including water and breastmilk). This means that collecting both the ● **Wake-Time Sample** and ● **30 Minutes After Waking Sample** before your child eats or drinks is ideal.

If your child typically eats or drinks first thing in the morning (within the first 30 minutes after waking), have them eat or drink immediately after you take the ● **Wake-Time Sample**. Set a timer to collect the ● **30 Minutes After Waking Sample** 30 minutes after they finish eating. Please report the time you collected the sample on the bag provided (as per Step 6).

If your child typically naps in the afternoon, please try to collect the ● **Mid-Afternoon Sample** either before their nap or 30 minutes after they wake up.

If your child refuses the saliva sampling procedure, but does not seem uncomfortable or distressed, we ask that you attempt the test once more within 15 minutes. Do not reattempt the sampling if this time passes or your child refuses again.

If your child is ill on a day scheduled for saliva sampling, we ask that you do not collect saliva on that day and instead resume sampling on the first subsequent day in which your child is well.

Sample Collection Times



Wake-Time Sample

Collect immediately after the child wakes up for the last time after night sleep.



30 Minutes After Waking Sample

Collect 30 minutes after the child wakes up for the last time after night sleep.



Mid-Afternoon Sample

Collect between 2:30pm and 3:30pm, trying your best to consider eating and napping protocols as above.

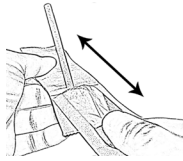


Bedtime Sample

Collect immediately before your child goes to bed.

Collection steps

Step 1 Peel open the outer package and remove the swab (as demonstrated in the picture).



Say to your child: "We're going to use this swab to collect some of your spit now."

Step 2 Securely hold one end of the device and place the other end under the child's tongue.

Say to your child: "I'm going to pop this in your mouth just under your tongue, and then you're going to close your mouth around it. Then we are going to watch all the sand drop down in this timer together."

Step 3 Re-introduce into the mouth as needed until the lower third of the swab is saturated. This should take about 60–90 seconds. You can use your sand timer so you and your child can see when time is up.

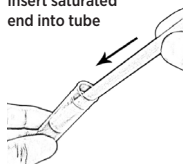
Say to your child: "Let's watch the sand move in the timer."

Note: please feel free to also let the child touch or play with the sand timer if they prefer, just ensure that you also keep note of the time on a watch or clock.

Say to your child [when the sand timer is completed]: "Awesome job! We are all done!"

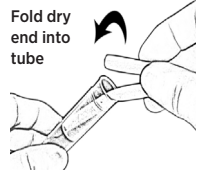
Step 4 Immediately place the saturated end into the small upper tube (NOT the large bottom tube) by removing only the purple cap.

Insert saturated end into tube

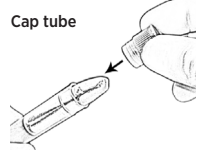


Step 5 Fold the dry end over into the opening of the tube (as shown on the right). Then using the purple cap push the entire swab into the tube. Please refer to the diagram.

Fold dry end into tube



Cap tube



Place the tube into the bag supplied.

Step 6 With a pen, write the time that you have taken the sample onto the front of the bag, in the space provided.

Step 7 Place the bag into your freezer to await the other samples.

Step 8 Repeat steps 1 – 7 at the other three other sampling times (30 minute after wake, afternoon, bedtime).

Step 9 After ALL the samples have been collected, please store them in the freezer until the end of the two-week study period.

Step 10 At the end of each two-week study period, please send the samples to the research team as soon as possible (within 3 days), using the pre-paid envelope provided.

For more information about First STEPS, please contact us:

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