

## Instructions for At-Home Saliva Sampling

*Note: "You" refers to the study participant.*

### Ice Packs

When the saliva sampling package arrives, please remove the enclosed ice packs and store them in your freezer until the samples are ready to be shipped back to OHSU. The provided saliva sampling tube (Salivettes™) may remain at room temperature until you have used them.

### Saliva Sampling Procedures/Guideline

Please use the Salivettes™ to give saliva samples at the agreed upon times on the agreed upon date(s). The tubes have been provided and are labeled with specific sampling times. Please check the time labels on each tube *very carefully* before giving each sample. They have been placed in the order they should be used inside the foam rack. Extra Salivettes™ have been provided, in case a cotton swab is dropped or the sample is damaged in some other way. If one of the extra Salivettes™ is used to give a sample, please record the exact sampling time **on the tube itself**. This is important, because the extra Salivettes are not labeled with this information. Each Salivette™ should be refrigerated after it has been used to give a sample. We ask that each sampling be supervised if possible, in case of accidental choking or other emergency situation.

After each time you eat or drink anything other than water during your sampling period, please rinse your mouth and brush your teeth thoroughly with plain water. Please use only the new toothbrush provided with your sampling materials. **Do not eat OR drink anything (even water) during the 10 minutes before giving each sample.** If you do accidentally eat or drink during the 10 minutes before your scheduled sampling time, please rinse your mouth and brush your teeth with water as soon as you remember. Then, delay your sample until 10 minutes after you rinsed your mouth. If this occurs, please record this on the sampling log.

Please store the saliva samples inside your refrigerator. You may use the provided rack to keep them upright. They should not leak, but storing them upright will ensure that they do not and will also help you keep them organized.

### Sampling Log

Please record the exact time each sample is finished on the sampling log. Please do this *at the end* of each sampling time. Please also use your sampling log to record if/when you eat or drink anything other than water during the sampling period, along with any medications you take during the sampling period. Throughout the entire sampling period, we ask that you refrain from cranberry juice, chocolate, bananas, caffeinated *and* decaffeinated coffee, tea and soda (naturally caffeine free items such as Sprite are ok), and avoid the use of toothpaste. We also ask that you avoid the use of Aspirin, Ibuprofen, and other non-steroidal anti-inflammatories. Consult a Research Assistant if you have a question about whether a certain medication falls into this category.

### Packaging/Shipping

Please prepare your sampling box to be sent back to OHSU on the agreed upon date. If you finish sampling on Friday, Saturday or Sunday, please mail your package the following Monday. To package the box, remove the saliva samples from the rack in your refrigerator and place the tubes into the sample storage bag. Place this bag within Styrofoam cooler along with the ice packs that have been stored in your freezer, packing the ice around the samples. Situate all other sampling materials including sampling log, foam rack, etc. inside the box. Affix the provided FedEx label to the top of the box, and seal the box tightly with packing tape. The samples do not need to remain upright during shipping. Drop the box off at a nearby FedEx location, and call a Research Assistant to let them know the package has been sent.

Thanks so much, and don't hesitate to call if you have any questions. If you have questions after hours, the on-call Research Assistant can be reached by calling the Sleep and Mood Disorder Laboratory Pager number: 503-494-4799 and entering the pager ID code: 14542.