

OHSU PEACH Study at Home Biospecimen Collection Instructions



OHSU PEACH Study Team

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Dear Participant,

Thank you so much for your continued participation in the OHSU PEACH Study! Due to the COVID-19 pandemic we have had to adjust our study protocol in order to adapt to changing public health guidelines to ensure your health and safety. However, an important part of this program is collecting specimens that will help us learn about how our environment affects our health. So that we do not lose this valuable data, we are sending collection kits to participants to allow the samples to be collected at home. You will be compensated as normal.

In this package you will find various kits with instructions and materials for collecting the following bio specimens:

2nd Trimester of Pregnancy: <ul style="list-style-type: none">• Dried Blood Sample• Urine• Nail Clippings• Saliva• Stool Sample• Water Sample	3rd Trimester of Pregnancy: <ul style="list-style-type: none">• Dried Blood Sample• Urine• Nail Clippings• Hair• Saliva• Stool Sample• Water Sample*
Child 6 Months of Age: <ul style="list-style-type: none">• Nail Clippings• Saliva• Breastmilk (if applicable)• Water Sample*	Child 12 Months of Age: <ul style="list-style-type: none">• Nail Clippings• Saliva• Breastmilk (if applicable)• Water Sample*

*Please note that the water sample will be collected *only* if you have not previously collected a water sample for our study

Based on your time point, we have provided a kit in your package with detailed instructions for collecting these specimens at home. If you have any questions, please contact the PEACH Study team and we will be happy to walk you through the process. Your help is greatly appreciated. We are wishing you and your loved ones comfort and health during these uncertain times!

Sincerely,

The PEACH Study Team

Pre-Collection Considerations

Important Information:

Some samples are time sensitive and should be collected first thing in the morning before using the faucet, or before consuming food or water. In order to obtain the best results possible, we recommend fully reading the instruction packet the night before you wish to collect your samples.

Please be sure to place the gel packs in your package immediately into the freezer upon arrival.

Do not collect and ship the package on Friday, Saturday, Sunday, or on a public holiday to ensure that the package will arrive at the site during regular work days.

Safety Precautions:

Please wash your hands thoroughly before and after sample collection to ensure that there is no contamination of the collection materials. During this pandemic, it is especially important to wash your hands before and after touching any specimen collection materials for your health and safety and our staff's health and safety.

Please do not collect these samples if you are feeling sick or if you develop any symptoms associated with COVID-19.

Sample Collection Information Form:

Please be sure to fill out all of the collection information for each sample on the blue sample collection information form before returning your package.

Home Blood Spot Collection Instructions

This kit includes:

- One (1) Lancet
- One (1) Lancet Disposal Container
- One (1) Alcohol Pad
- One (1) Band-Aid
- One (1) Pre-labeled Filter Paper Card
- Cotton tissues/Kim Wipes
- One (1) Ziploc bag with biohazard sticker
- One (1) Foil Ziploc bag
- One (1) Desiccant pack

Blood Spot Collection Steps

Section 1: Pre-Collection Considerations

- Please collect the blood sample first thing in the morning, prior to eating
- Set up all supplies needed before beginning.
- Fill out the required information on the blue collection information form.
- Wash hands thoroughly with soap and warm water before and after collection.
- Washing hands with warm water will help stimulate blood flow.

Section 2: Blood Sample Collection

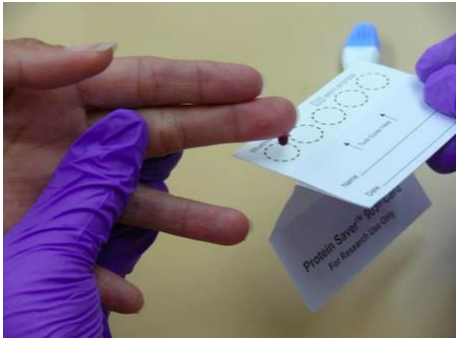
1. **Choose a finger to prick:** Avoid pricking the thumb or pinkie finger. Avoid fingers with thick calluses or tight rings as they may constrict blood flow.
2. **Wipe your finger:** Wipe each finger you will prick vigorously with an alcohol pad to remove any substances and stimulate blood flow. Let air dry, but do not blow on the finger to dry.



3. **Prepare card:** Place the filter paper card on a table with the flap folded out.
4. **Use the lancet to prick your finger:** Press the lancet flat and firmly against your finger perpendicular to the finger lines. (Lines on the lancet should run perpendicular to the finger prints). Apply the lancet just to the side of the center of finger. Pricking the finger on the outside may be painful and blood will flow backwards into the nail groove.



5. **Trigger the lancet:** You will hear a distinct click as the lancet depresses.
6. **Discard lancet:** To safely discard lancet, place lancet in provided container and place in garbage.
7. **Release pressure:** Allow a full drop of blood to collect on the finger.
8. **Discard first drop of blood:** Once a drop of blood has collected on the finger, wipe away the blood with a tissue and discard the blood and tissue.
9. **Allow blood to form on finger:** Let gravity help a drop of blood fully form before dropping onto the filter paper. Do not touch the finger to the paper; allow blood to form and drop onto paper.



10. **Fill all circles with blood:** Allow one drop of blood per circle.

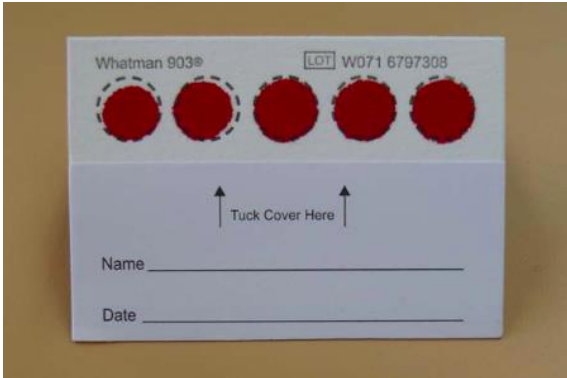


No

No

Yes

11. **Clean finger:** Use a clean paper towel, gauze or adhesive bandage to stop bleeding.



Example of a completed card

12. **Let the filter paper dry:** Place your completed blood sample in a safe area where it can air dry completely (about 3 hours) without becoming contaminated or soaking through onto another surface.
13. **Fill out collection information:** Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with your blood spot card.

Section 3: Prepare your completed blood card to be returned

When ready to ship/return the biospecimen package:

1. **Make sure card is dry**
2. **Bag card:** Once the card is dry, place it into the aluminum foil Ziploc bag. Make sure the desiccant pack is in the aluminum foil Ziploc bag with your dried blood spots.
3. **Place foil bag in larger Ziploc bag with biohazard symbol.**
4. **Prepare for return/shipment:** Put baggie in package with other requested samples.
5. **Ship/Return:** Follow the purple shipping/return instructions included in your package.
6. **If you collect the blood spots before the day of shipment/return:** Please store your completed dried and bagged card in a safe room temperature area until you are ready to return your package.

Stool Sample Collection Instructions

This kit includes:

- Two (2) Labeled Brown cap tubes with spoon attached
- One (1) Labeled Blue cap tube with spoon attached
- Two (2) Feces Catchers (1 extra)
- One (1) Pair of gloves
- One (1) Brown paper bag
- Two (2) Biohazard bags
- Two (2) Absorbent pads
- Three (3) Pre-cut strips of tape or roll of surgical tape

Important Information:

- Collect specimen on the same day you plan to bring the specimen to the site or ship the specimen.

Safety Precautions:

- The liquid in the brown specimen container may cause irritation to skin or eyes. Rinse or flush with cool water right away if contact occurs.
- Call your local poison center at 1-800-222-1222 or go to the nearest hospital Emergency Department right away if you consume any of this liquid.
- Keep your specimen container(s) away from heat or flames. The liquid is flammable. Keep your specimen container(s) out of the reach of children and pets.

Stool Sample Collection Steps

Section 1: Pre-Collection Considerations

- Read all instructions before collecting stool sample.
- Set up all supplies needed before beginning.
- You may use the same bowel movement to collect sample for all tubes.
- Wash hands thoroughly with soap and water before and after collection.

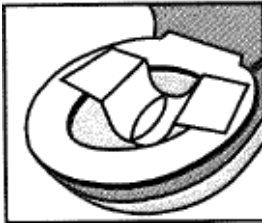
- Assure toilet bowl is clean and empty before collection.
- Do not urinate into Feces Catcher.
- Avoid contact of stool with urine, toilet bowl water, soap, cleaners, etc.
- Fill out the required information on the blue collection information form.

Section 2: Stool Sample Collection

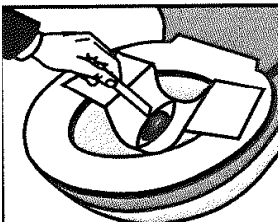
1. **Set up:** When ready to provide stool sample, wear gloves. Do not open the three tubes until **after** you have had a bowel movement.
2. **Apply Feces Catcher:** Open the Feces Catcher carefully in the direction of the arrows and paste each side of the feces catcher on the back of the toilet seat.



Don't let the sample go into the toilet



3. **Don't get materials wet:** Avoid the Feces Catcher coming in contact with water.
4. **Catch stool sample in Feces Catcher:** After the bowel movement, continue with the following directions.
5. **Open collection tubes:** Unscrew the caps from the specimen containers (Blue and Brown Cap Tubes). Set aside. Do not collect stool that has been mixed with water or urine.
6. **Collect sample:** Using the plastic spoon attached to the lid of the specimen container, avoid scooping out samples from bloody, slimy or watery areas of the stool (if present). If the stool is hard, select areas from each end and the middle of the stool.



7. **Put sample in tubes:** Transfer selected stool to the blue and brown-cap specimen containers. Make sure to select enough stool to raise the level of liquid to the "fill to here" line in the tube with brown cap. Or collect about 1 gram of sample for each tube (about the size of a pencil eraser). Do not overflow the liquid in the tube.



Scoop a portion of the stool sample into the DNA/RNA Shield™ Fecal Collection Tube

- 8. Secure the tubes:** Screw the caps back on the specimen containers. Make sure they are closed tightly and gently shake to mix the contents thoroughly (turn upside down 10 times) to create suspension.



Wash hands well

- 9. Wash Hands:** Wash hands thoroughly with soap and water.
- 10. Fill out collection information:** Immediately after washing your hands, record the date of the collection and the time it was collected on the blue collection information form.
- 11. Refrigerate sample:** Please ensure that the caps are screwed on securely to the labeled collection tubes and place your samples in the brown paper bag provided. Then, place samples directly into your refrigerator until you are ready to ship the sample back to the PEACH team.

Section 3: Prepare your collected sample to be returned

When ready to ship/return the biospecimen package:

- 1. Remove sample from the refrigerator:** Right before shipping/returning your samples, please take your sample out of the refrigerator.
- 2. Secure the sample:** Please make sure the caps of the collection tubes are securely screwed and apply tape around the rim of each cap/tube to further secure the seal.
- 3. Wrap the sample:** Wrap one of the absorbent sheets around the tubes containing the samples.
- 4. Bag the sample:** Place the wrapped tubes in one of the plastic biohazard specimen bags.
- 5. Double wrap the sample:** Wrap this specimen bag in the other absorbent sheet.
- 6. Double bag the sample:** Place the wrapped bag in the other biohazard specimen bag so that the samples are double wrapped with absorbent material AND double bagged.
- 7. Ship/Return the sample:** Follow the purple shipping/return instructions included in your package.

Home Hair Sample Collection Instructions

This kit includes:

- Three (3) pre-cut and pre-knotted lengths of string
- One (1) pre-cut and pre-labeled piece of aluminum foil
- One (1) alcohol swab

Additional supplies needed from home:

- An extra person to help cut the hair
- Scissors (preferably stainless steel or other high-quality scissors)
- 2 or 3 hair clips, bobby pins, ponytail holders or other device to secure hair
- Comb or brush (please make sure it is your comb or brush, not someone else's)

Online Instructional Resources:

- Links to an instructional video should have been sent to you via email. If you have not received this link and would like to, please email peach@ohsu.edu.

Hair Collection Steps

Section 1: Pre-collection Considerations

- Set up all supplies needed before beginning.
- You will need a helper to assist you with your hair collection.
- Fill out the required information on the blue collection information form.
- Wash hands thoroughly before and after collection.

Section 2: Hair Collection

1. **Set up:** Sanitize the scissors with the provided alcohol swab.
2. **Prepare a place to sit:** Sit comfortably in a chair where your helper (who will be cutting the hair) is able to have easy access to the back of your head.
3. **Secure hair:** Starting on the left side of the head, have your helper use hair clips and comb to move and secure top layer of hair out of the way.



4. **Select a sample site:** Select site from the lower part of the back of the head, ensuring that the *sample of hair is at least 3mm in diameter* (half the width of a pencil) and that when the top hair is released, sample site is not visible. You will be selecting three collection sites. One to the right, one in the center and one to the left so that when the top hair is released, the sample sites are not visible.
5. **Hair sample size:** Each hair sample selection should be about 3mm in width, which is about the size of this black circle.
6. **Prepare sample:** Firmly grab hair strands and comb through hair to ensure it is free of tangles and sample is the appropriate size.



3 mm

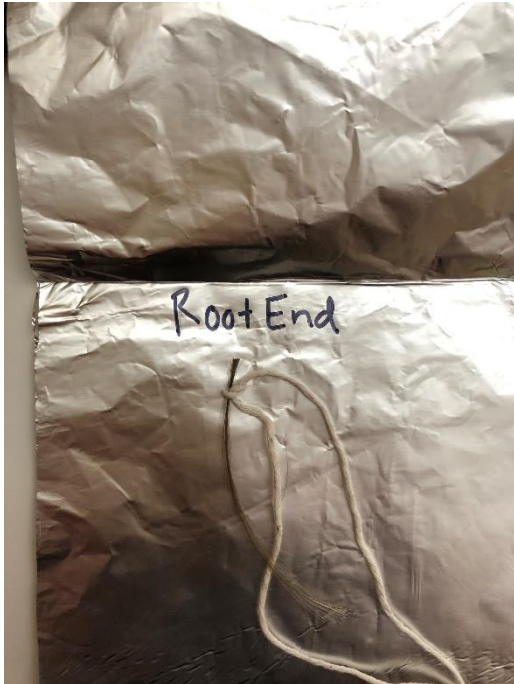
7. **Secure sample:** Using the pre-cut and pre-knotted string, thread the hair strands through the string loop and then tighten the loop to secure hair.



8. **Cut sample:** Cut the strands of hair as close to the scalp as possible



9. **Repeat:** Repeat steps 3-7 for all 3 sample sites. You should have a sample from the back middle of the head, back left of the head, and back right of the head.
10. **Store sample:** After you have cut the hair, place it onto the piece of aluminum foil with the scalp ends facing closest to the seam that is pre-labeled "Root End."



11. **Cut hair sample if needed:** If hair is longer than the aluminum foil sample provided please cut hair so that it is at least 10cm in length, only cutting the bottom of the hair to ensure that the scalp end is part of the section that is kept.
12. **Fold foil:** Fold foil once on each side and then twice down the middle to secure hair in foil.



13. **Store:** Store in a cool and dry place until you are ready to send it back to PEACH team. The sample can be stored for any amount of time before returning it to the PEACH team (this is not a time sensitive sample).

- 14. Fill out collection information:** Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with your hair sample.

Section 3: Prepare your collected sample to be returned

When ready to ship/return the biospecimen package:

- 1. Package sample:** Make sure you place the samples into the return package so that it won't be crushed or bent in anyway. As long as you fill out the required information in the blue collection information form, you can package this sample with the rest of your samples.
- 2. Ship/Return the sample:** Follow the purple shipping/return instructions included in your package.

Home Urine Collection Instructions

This kit includes the following items:

- One (1) Urine collection cup
- One (1) Brown paper bag
- Two (2) Plastic biohazard specimen bags
- Two (2) Absorbent sheets
- One (1) Pre-cut strip of tape or a roll of surgical tape

Important Information:

- Collect the urine sample on the same day you plan to return or ship the sample to the PEACH Study, and only take the sample out of the fridge right before returning it.

Urine Collection Steps

Section 1: Pre-Collection Considerations

- Set up all the supplies needed before beginning.
- Fill out the required information on the blue collection information form.
- Wash your hands thoroughly with soap and warm water before and after collection.
- Unscrew the top of the urine collection cup and set it next to your toilet.

Section 2: Urine Sample Collection

1. **Collect urine:** Urinate directly into the open cup; it does not have to be clean-catch.
2. **Fill cup:** Produce enough urine to fill at least $\frac{1}{4}$ of the volume of the cup, however please do not fill too much to risk overflowing.
3. **Secure Sample:** Once you have finished, screw the orange top securely on the cup and wash your hands thoroughly. Please wipe off any excess urine on the outside of the cup.
4. **Fill out collection information:** Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with your urine sample.
5. **Bag sample:** If you do not plan to return your package immediately, place your sample into the brown paper bag.
6. **Refrigerate sample:** Place bagged sample immediately into your refrigerator.

Section 3: Packing/Shipping

When ready to ship/return the bio specimen package:

- 1. Remove sample from refrigerator:** If refrigerated, remove the urine sample from the fridge and take it out of the brown paper bag.
- 2. Secure the sample:** Ensure that the top is securely tightened around the collection cup and apply the tape around the rim of the lid/cup to further secure the sample.
- 3. Wrap the sample:** Wrap one of the absorbent sheets around the urine cup containing the sample.
- 4. Bag the sample:** Place the wrapped cup in one of the plastic biohazard specimen bags.
- 5. Double wrap the sample:** Wrap this biohazard specimen bag in the other absorbent sheet.
- 6. Double bag the sample:** Place the wrapped bag in the other biohazard specimen bag so that the sample is double wrapped with absorbent material AND double bagged.
- 7. Ship/Return the sample:** Follow the purple shipping/return instructions included in your package.

Home Water Sample Collection Instructions

This kit includes:

- One (1) Pre-labeled sample collection tube
- One (1) Pair of plastic gloves
- One (1) Padded envelope
- One (1) Ziploc bag
- One (1) Absorbent sheet

Water Sample Collection Steps

Section 1: Pre-collection Considerations

- Collect sample first thing in the morning. **Please do not use the faucet that you collect your sample from after 10 pm the night before you collect the water sample.** To test for metals, water must be *in the pipes* for at least 6-8 hours.
- Set up all supplies needed before beginning.
- Fill out the required information on the blue collection information form.
- Wash hands thoroughly after collection.
- Do not remove cap from sample tube until you are ready to take your sample and after you have put on gloves.
- **Choose a cold-water faucet in the kitchen.** Do not remove the aerator or screen on the faucet.

Section 2: Water Sample Collection

1. **Prepare for collection:** Remove the plastic gloves from the bag and put them on before removing the bottle cap or turning on the water.



2. **Open tubes for collection:** When you are ready to collect water, remove the cap from the tube, taking care not to touch the inside of the cap or sample tube. Do not put the cap down while collecting the samples.

3. **Collect Sample:** Place the sample tube below the faucet and gently open the cold water tap as far as you normally would, and fill the tube to the top.



4. **Secure tubes:** Turn off the water and replace the cap.

5. **Store the sample:** Store the tube at room temperature until you are ready to mail the sample back to OHSU.

6. **Fill out collection information:** Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with the other samples.



Section 3: Prepare your collected sample to be returned

When ready to ship/return the bio specimen package:

1. **Secure the sample:** Ensure that the top is securely tightened on to the collection tube and apply the tape around the rim of the lid and collection tube to further secure the sample.
2. **Package the sample:** Place the tube into the padded envelope, seal it and wrap the padded envelope in the absorbent sheet and place the wrapped envelope inside the Ziploc bag. Place in delivery box with the other requested samples when it is ready to be mailed back to OHSU. Follow the purple shipping/return instructions included in your package.

Home Nail Clipping Collection Instructions

This kit includes:

- One (1) 2ml labeled plastic aliquot tube with cap

Section 1: Pre-collection Considerations

- You will need to use your own nail clippers for this collection.
- Set up all the supplies needed before beginning.
- Fill out the required information on the blue collection information form.
- This collection is NOT time sensitive; it is okay to collect the fingernail sample before collecting other samples and returning the kit.
- If you don't have any appropriate length fingernails or have fake nails, you can collect clippings from your toenails. Please indicate that on your collection information form.



Section 2: Nail Clipping Collection

1. **Pick a time to collect:** Collect this sample when your fingernails are long enough to clip to avoid cutting nails that are too short.
2. **Clean nails:** Make sure your fingernails are clean of any nail polish and wash your hands before collection.
3. **Clip nails:** Clip your nails as you would normally and keep the clippings.
4. **Collect clippings:** Put as many clippings as will fit into plastic aliquot tube and screw the top on securely.
5. **Fill out collection information sheet:** Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with your nail clippings.

Section 3: Shipping/Returning

When ready to ship/return the biospecimen package:

There are no special precautions to be aware of with returning this sample. As long as the aliquot tube is capped it can be added to the overall package of specimens. Follow the purple shipping/return instructions included in your package.

DNA Saliva Collection Instructions

This kit includes:

- One (1) pre-labeled Genotek-Oragene DNA/OG-500 Saliva Collection Kit.
- Two (2) Absorbent sheets
- Two (2) Plastic biohazard specimen bags
- One (1) Pre-cut strip of tape or roll of surgical tape

DNA Saliva Collection Steps

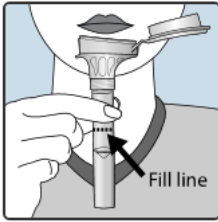
Section 1: Pre-Collection Considerations

- Please do NOT eat, drink (including water), smoke, or chew gum **30 minutes** before taking your saliva sample.
- Do not remove the plastic film from the funnel lid.
- Fill out the required information on the blue collection information form.

Section 2: Saliva Collection

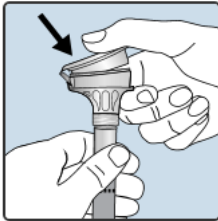
1. **Spit:** Spit into funnel until the amount of saliva (not bubbles) reaches the fill line shown.
2. **Once line is reached:** Hold the tube upright with one hand. Close the funnel lid with the other hand by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the saliva. Make sure the lid is closed tightly.
3. **Prepare the tube:** Hold the tube upright. Unscrew the funnel cap from the tube.
4. **Cap the tube:** Use the small cap provided in kit to close the tube tightly.
5. **Invert tube:** Gently invert the capped tube 5 times.
6. **Discard funnel:** Throw away or recycle the funnel.
7. **Store tube:** Please store the tube at room temperature in a dry place until you are ready to send back to PEACH team. It can be kept at room temperature so you do not need to return the sample the same day.

1



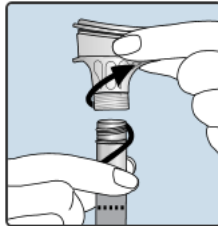
Spit into funnel until the amount of liquid saliva (not bubbles) reaches the fill line shown in picture #1.

2



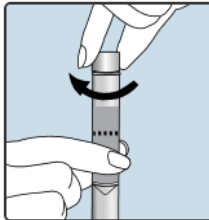
Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown) by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the saliva. Make sure that the lid is closed tightly.

3



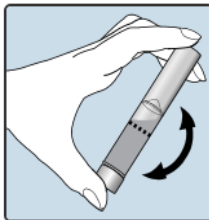
Hold the tube upright. Unscrew the funnel from the tube.

4



Use the small cap to close the tube tightly.

5



Shake the capped tube for 5 seconds. Discard or recycle the funnel.

Section 3: Prepare your collected sample to be returned

When ready to ship/return the biospecimen package:

- 8. Secure the sample:** Please make sure the lid of the collection tube is securely screwed and apply the tape around the rim of the cap and tube to further secure the sample.
- 9. Wrap the sample:** Wrap one absorbent sheet around the tube containing the sample.
- 10. Bag the sample:** Place the wrapped tube in a plastic biohazard specimen bag.
- 11. Double wrap the sample:** Wrap this specimen bag in the other absorbent sheet.
- 12. Double bag the sample:** Place the wrapped bag in the other biohazard specimen bag so that the sample is double wrapped with absorbent material AND double bagged.
- 13. Ship/Return the sample:** Follow the purple shipping/return instructions included in your package.

Child Nail Clipping Collection Instructions

This kit includes:

- One (1) 2ml plastic aliquot tube with cap

Section 1: Pre-collection Considerations

- You will need to use your child's nail clippers for this collection.
- Set up all the supplies needed before beginning.
- Fill out the required information on the collection information form at the bottom of these instructions.
- This collection is NOT time sensitive; it is okay to collect the nail sample before collecting other samples and returning the kit.



Section 2: Nail Clipping Collection

1. **Pick a time to collect:** Collect this sample when your child's nails are long enough to clip to avoid cutting nails that are too short.
2. **Clip nails:** Clip your child's finger and toenails as you would normally and keep clippings.
3. **Collect clippings:** Put as many clippings as will fit into plastic aliquot tube and screw the top on securely.
4. **Fill out collection information:** Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with your nail clippings.

Section 3: Shipping/Returning

When ready to ship/return the biospecimen package:

There are no special precautions to be aware of with returning this sample. As long as the aliquot tube is capped it can be added to the overall package of specimens. Follow the shipping/return instructions included in your package.

Maternal Saliva Collection Instructions

This kit includes:

- One (1) Pre-labeled aliquot tube for saliva collection
- Two (2) Absorbent sheets
- Two (2) Plastic biohazard specimen bags
- One (1) Pre-cut strip of tape or a roll of surgical tape

Maternal Saliva Collection Steps

Section 1: Pre-collection Considerations

- Please collect saliva sample first thing in the morning **before you have had anything to eat or drink.**
- On the blue collection information form, please document all consumption of alcohol, caffeine, nicotine, and prescription/over-the-counter medications within the last 12 hours.
- On the blue collection information form please document vigorous physical activity within the last 12 hours and the presence of oral diseases or injury.
- Rinse mouth with water to remove food residue and **wait at least 10 minutes** after rinsing to avoid sample dilution before collecting saliva.

Please note day and time sample was collected on the blue collection information form.

Section 2: Saliva Collection

1. **Prepare tube:** Uncap pre-labeled aliquot tube and hold upright.
2. **Collect saliva:** Spit or drool into the aliquot tube until your saliva has filled the tube to the line labeled 1. Once finished, cap sample.



3. **Cap saliva tube:** Mark the time and date sample was collected on the collection information form.
4. **Store the tube:** Place the tube upright in freezer until ready to mail back to PEACH team.
Fill out collection information: Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with your saliva samples.

Section 3: Prepare your collected sample to be returned

When ready to ship/return the biospecimen package:

1. **Remove sample from the freezer:** Right before shipping/returning your samples, please take your sample out of the freezer.
2. **Secure the sample:** Please make sure the lid of the aliquot tube is screwed securely.
3. **Ship/Return the sample:** Follow the purple shipping/return instructions included in your package.

Child Saliva Sample Collection Instructions

This kit includes:

- One (1) Salimetrics Salivabio Infant Swab (SIS)
- One (1) Pre-labeled Swab Storage Tube (SST)

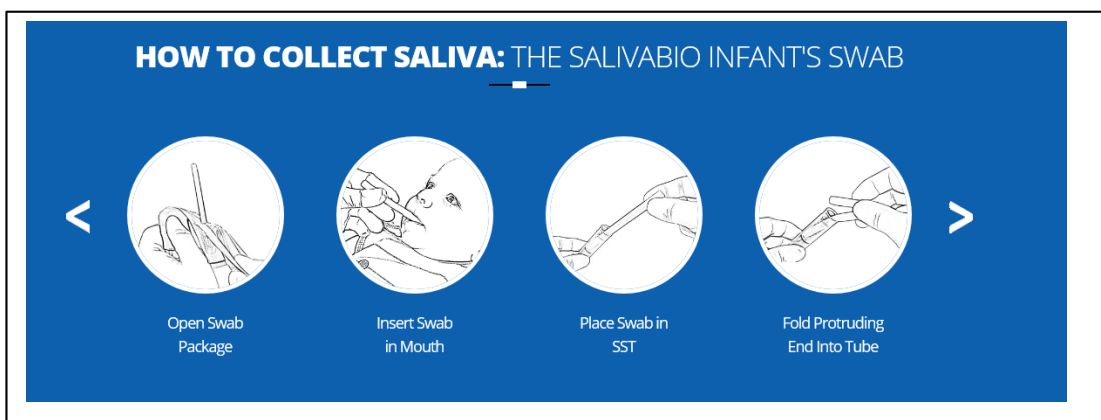
Child Saliva Sample Collection Steps

Section 1: Pre-collection Considerations

- Please make sure your child has *not* had a major meal within 60 minutes of collection.
- Rinse child's mouth with water to remove food residue and ***wait at least 10 minutes*** after rinsing to avoid sample dilution before collecting saliva.
- Please note all required information on the collection information form at the bottom of these instructions.

Section 2: Saliva Collection

1. **Prepare the swab:** Peel back protective package and remove the SalivaBio Infant Swab (SIS). *Do not use swab if cuts or tears are present.*



2. **Insert swab:** Securely hold one end of the SIS device and place the other end under your child's tongue or at the corners of their mouth.

3. **Collect the sample:** Collect saliva sample 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 with saliva.
4. **Store the sample:** Immediately after collection, use the following procedures for storing the sample:
 - Remove cap and insert the **saturated** end of the swab into the swab basket of the swab storage tube (SST).
 - Fold over the dry end of the swab into the swab basket as well.
 - Recap SST tightly. **Note:** Do not throw away any parts of the tube assembly.
 - Record date and time of collection on sample collection sheet.
5. **Freeze the sample:** Immediately after collection, place sample in your freezer and keep samples in freezer until you are ready to provide them to PEACH team.
6. **Fill out collection information:** Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with your saliva sample.

Section 3: Prepare your collected sample to be returned

When ready to ship/return the biospecimen package:

1. **Remove sample from the freezer:** Right before shipping/returning your samples, please take your sample out of the freezer.
2. **Secure the sample:** Please make sure the lid of the aliquot tube is screwed securely.
3. **Ship/Return the sample:** Follow the purple shipping/return instructions included in your package.

Breast Milk Sample Collection Instructions

This kit includes:

- One (1) 50ml sterile collection tube
- Two (2) Absorbent sheets
- Two (2) Plastic biohazard specimen bags
- One (1) Pre-cut strip of tape or a roll of surgical tape

Online Instructional Resources:

- Links to an instructional video should have been sent to you via email. If you have not received this link and would like to, please email peach@ohsu.edu

Breast Milk Collection Steps

Section 1: Pre-collection Considerations

- Set up all supplies needed before beginning.
- Fill out the required information on the blue collection information form.

Wash hands thoroughly before and after collection. **Section 2: Breast Milk Collection**

1. **Wash your hands:** Please wash your hands thoroughly with soap and water.
2. **Clean skin at collection site:** Gently wash the skin at the site of collection (nipple, areola, and skin around areola) with soap and warm water for 30 seconds. Allow the area to dry for 30 seconds before collection.
3. **Collect breast milk sample:** Note the time of collection and express approximately 20ml of breast milk using one of the following methods:

-Haakaa breast pump: If you have a haakaa pump, please use this to express your breast milk. Once collected, carefully pour the breast milk into the sterile tube. For instructions on how to use a haakaa, please refer to the instructional video provided below.

-Hand expression: If you do not have a haakaa, and you are able to hand express, please manually express your breast milk directly into the sterile

collection tube provided in the kit. For tips on hand expression, please refer to the article below.

-Pump: If you do not have a haakaa, and you are unable to hand express, please feel free to use whatever pump you have at home.

4. **Prepare sample:** Once collected, carefully pour the breast milk into the sterile tube.
5. **Refrigerate sample:** Please ensure that the cap is screwed securely on the labeled collection tube and place your sample directly into your refrigerator until you are ready to ship the sample back to the PEACH team.
6. **Fill out collection information:** Please fill out the required information on the blue collection information form and be sure to return it to the PEACH team along with your breast milk sample.

Section 3: Prepare your collected sample to be returned

When ready to ship/return the biospecimen package:

1. **Remove sample from the refrigerator:** Right before shipping/returning your samples, please take your sample out of the refrigerator.
2. **Secure the sample:** Please make sure the lid of the collection cup is screwed securely and apply the tape around the rim of the cap/tube to further secure.
3. **Wrap the sample:** Wrap one absorbent sheet around the tube containing the sample.
4. **Bag the sample:** Place the wrapped tube in a plastic biohazard specimen bag.
5. **Double wrap the sample:** Wrap this specimen bag in the other absorbent sheet.
6. **Double bag the sample:** Place the wrapped bag in the other biohazard specimen bag so that the sample is double wrapped with absorbent material AND double bagged.
7. **Ship/Return the sample:** Follow the purple shipping/return instructions included in your package.