

CoMMInS Household Study - How to take a spit (saliva) sample

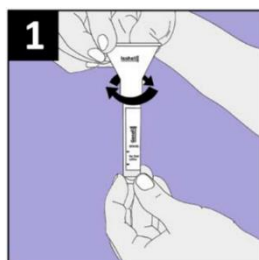
Please sanitise hands and surfaces before & after

Please read and follow these instructions carefully (you can also watch our [YouTube video](#)) to make sure the sample is taken correctly using the kit provided.

Please take your sample on the date and at the time suggested by the study team, and no sooner than 2 hours before collection is due. You should not drink, eat, chew gum, use mouthwash or brush your teeth in the 30 minutes before taking the sample.

You will need these things, provided in the kit:

1. 1 funnel (to spit into)
2. 1 large tube (for the spit to collect in)
3. 1 cleaning wipe
4. A sealable plastic bag to store the sample until it's collected by the study courier

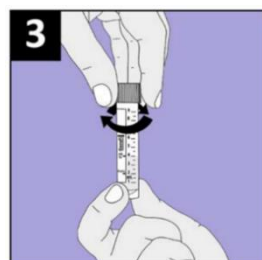


1. Making sure you don't touch the top of the tube or the inside of the funnel or cap with your fingers, unscrew the cap from the tube. Put the cap down facing upwards for later. Remove the funnel from the plastic bag and screw (not push) it into the top of the tube gently but firmly.



2. Spit into the funnel and let the spit run down into the tube **up to the black fill line**. You may need to tap the tube or slightly loosen the funnel to get the spit to the bottom of the tube.

We need 1-2ml of saliva (between a quarter or a third of a teaspoon). To help you make more spit, rub the inside of your cheek with your tongue, or gently massage the outside of your cheek with your finger. Please make sure there is clear saliva up to the line, that does not include bubbles. It is important that you produce clear/white spit from your mouth (not coughing up anything more solid from deep in your throat).



3. Unscrew the funnel. Screw the tube cap firmly back onto the tube without touching the top of the tube or the inside of the cap.
4. Clean the outside of the tube using the wipe provided. Dispose of the wipe, wipe packet, and funnel in your household bin. Place the tube in the sample bag and **write your name on the bag**. Then store the samples in your fridge until the study courier comes to collect them.

5. Clean up any accidental spills using paper towels, toilet roll or similar, and wash the surface with soapy water. Do not try to put spilled saliva back into the tube!

If you have any questions or problems, please email the study team: commins-household@bristol.ac.uk. If you want to speak to someone, send an email with your phone number and we will call you back.