**Participant Random Word**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Sample Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Before beginning the collection process:**

• Do not eat or drink things, like orange juice.

• If possible, rinse your mouth out with tap water. Then swallow once or twice to get rid of the remaining tap water (and food) from your mouth.

• Do not take a sample of saliva after brushing your teeth.

• If you miss a sample, please use the collection tube that is appropriate for the current time and tell the research staff which sample you missed.

• If you miss the first two samples, please do not collect samples for the rest of the day and start collecting saliva the next day.

**Collection Steps for Each Sample:**

1. Remove both the stopper and the Salivette swab from the vial without using your hands and place the swab in your mouth.

2. Chew on the Salivette swab several times, it is very important the swab be completely soaked with saliva.

3. Place the saturated swab back into the vial without using your hands and close the vial with the stopper.

4. Store the sample tube in the refrigerator until the sampling period is finished. If you are not at home, please take the Salivette device with you and collect the sample at the correct time, then refrigerate the sample when you get home.

5. Please bring the sample kit bag back to the lab to receive the gift card. You can schedule a drop off time by emailing Bryanna at Bryanna.Scheuler@utsa.edu

**Collection Schedule**

**Red**: *Immediately* after waking (before getting out of bed)

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Blue**: 45 minutes after waking

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Green**: 8 hours after waking

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Brown**: 12 hours after waking

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pink**: *Immediately* before bed

Actual Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_