

GENERATION NEW ERA

A STUDY OF CHILDREN
BORN IN THE 2020s



HOW TO GIVE YOUR SALIVA SAMPLE

Prepare to give the sample

1

Please read this instruction booklet

2

Please visit: explainmyprocedure.com/adultgnc
or scan the QR code to watch our video on how
to give your saliva sample

3

Check the contents of the saliva collection kit

4

DO NOT eat, drink, smoke or chew gum for 30 minutes before giving
the saliva sample as this can affect the quality of the sample

5

It will take around 5 minutes to give the sample



What's in the kit?

Please check you have **all** the kit items before you start. If any of these items are missing, please email or call the Generation New Era team: gnestudy@ipsos.com or **Freephone 0800 151 0610**.

If liquid in the tube comes into contact with eyes or skin, wash with water. **DO NOT** swallow the liquid.



Self collection sample tube

To collect the saliva sample



A clear plastic bag containing an absorbent sheet

To place the saliva tube in once it has been filled



Barcode label sheet

To label the tube and clear plastic bag

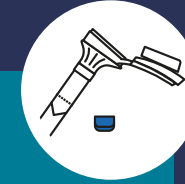


A padded return envelope

To post the saliva sample to the lab

How do I collect my saliva sample?

1.



Take the sample tube out of its plastic packaging.

2.



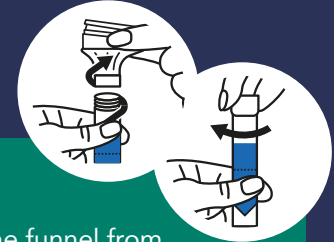
Spit into the funnel until the amount of liquid saliva (no bubbles) reaches the line shown.

3.



Once the tube is full, hold it upright with one hand and 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 and mixed with the saliva. Make sure the lid is closed tightly.

4.



Unscrew the funnel from the tube and use the small cap to close the tube tightly. It is very important to remove the funnel otherwise the tube will leak. Shake the capped tube for 5 seconds. Put the funnel in the bin, away from children and pets.

5.



Place one of the barcode labels on the tube lengthways.

6.



Put the tube into the clear plastic bag, keeping the absorbent sheet in the bag, and seal tightly. Put the other barcode label on the clear plastic bag.

TIP:

If you are having difficulties producing enough saliva, it can help to close your mouth and wiggle your tongue or rub your cheeks. Thinking of your favourite food can help!

How do I return my saliva sample?

1

Place the clear plastic bag (with the saliva tube and absorbent material) inside the padded return envelope. Make sure the funnel is **not** attached and the lid is tightly shut.

2

Then seal the envelope and post it in a standard post box – the postage has been pre-paid. Please try to post the sample as soon as possible. If you cannot return the sample immediately after collecting, please store at room temperature away from direct sunlight and return the sample as soon as you are able to.



Who do I contact if I have a question?

If you would like more information about the study or you have a question about giving a saliva sample, please contact the Generation New Era team using the details below, or visit our webpage: gnestudy.info/saliva



gnestudy@ipsos.com



Freephone
0800 151 0610

Calls from landlines are free but costs from mobile phones may vary, please check with your provider.

Thank you for your help!

