

Instructions for saliva sampling using SaliCaps®

Preparation



Prepare materials [see also detailed instructions on next page]

- ✓ Labelling SaliCaps® (labels for sample IDs, protect labels against wet conditions by wrapping tape around labels) and weigh emptylabelled SaliCaps®
- ✎ Please note weight of each Salicap® before **and** after saliva collection. This information is needed for the estimation of the salivary flow rate.

Prior collection



Instructions for participants prior saliva collection

Do not collect saliva samples

- ✓ <1h after eating (no chewing gum within past 24h)
- ✓ <1h after brushing teeth
- ✓ <18h after smoking, drinking caffeine-containing beverages (coffee, tea, coke), juice, alcohol
- ✓ <24h after engaging in physical exercise
- ✓ <10 min after (water) drinking

Optional



Recommended procedure in laboratory studies; somewhat difficult to implement in field studies

- ✓ In general: Rinsing of the oral cavity with water before saliva collection to get rid of food debris, neutralize pH of sample
- ✓ But: Avoid rinsing or water drinking immediately before collection (wait at least 10 min before collection)

Collection



Instructions for participants on how to collect saliva samples

- ✓ Please swallow all accumulated saliva.
- ✓ Please do not swallow the saliva within the next 2 minutes (*You may use a timer of your phone to stop the minutes.*)
- ✓ Please transfer/ spit the whole accumulated saliva into the SaliCap® using the provided straw.

Storage



Storage (at participant's home or laboratory)

- ✓ Please store Salicaps® at cool temperatures, ideally at **-20°C**, temporary storage in the refrigerator or freezer are fine (*amylase & cortisol are relatively robust against repeated freeze-thaw cycles. Storage in the refrigerator for several days is fine.*)

Detailed instructions for preparing saliva samples

Preparation 1

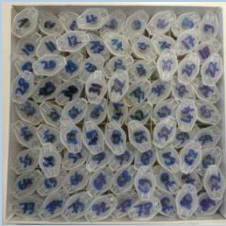


Further processing

- ✓ Note the weight of the SaliCaps® containing the collected saliva (after saliva collection) by using a documentary file (e.g., Word, Excel)

Participant ID	Weight	Session 1 T1 (pre)	Session 1 T2 (post)	Session 2 T1 (pre)	Session 2 T2 (post)	...				
	pre									
	post									
	pre									
	post									

Preparation 2



Numbering and sorting

- ✓ Please put SaliCaps® into a cryobox in the correct order, starting from the top left, following reading direction, and ending at bottom right
- ✓ Please number SaliCaps® by writing on the lid of each SaliCap® (ascending numbering)
- ✓ Please label lid of the cryobox by using study name and number of box and respective samples (e.g., „stress study“ Box 1, samples 1-81)

Storage



Storage

- ✓ Please store Salicaps ® at cool temperatures, ideally at **-20°C**, temporary storage in the refrigerator or freezer are fine (*amylase & cortisol are relatively robust against repeated freeze-thaw cycles. Storage in the refrigerator for several days is fine.*)

Excel file

#	code (Salicap)	cortisol	alpha-amylase	XX	commen
1	AB 01 01 A				
2	AB 01 01 B				
3	AB 01 02 A				
4	AB 01 02 B				
5	AB 02 01 A				
6	AB 02 01 B				
7	AB 02 02 A				
8	AB 02 02 B				

Excel file for analyses

- ✓ Please create an excel file, including the following columns: number on lid (ascending number), sample code (individual study code on Salicap®) as well as analyte(s) of interest (e.g., cortisol, alpha-amylase) and additional comments

#	code (Salicap)	cortisol	alpha-amylase	XX	comments
1	AB 01 01 A				
2	AB 01 01 B				
3	AB 01 02 A				

To note, ...



Shipping [see also our SOP shipping biological samples]

- ✓ Overnight express, on dry ice or ice pack, please contact lab in advance for scheduling a convenient shipping date

Boxes

- ✓ Salicaps®: 130x130x50 (9x9 grid)
- ✓ Salivettes: 130x130x100 (7x7 grid)*

* We do not recommend Salivettes for the assessment of salivary alpha-amylase.