

# Instructions for saliva sampling using Salivette®

## Preparation



*Prepare materials [see also detailed instructions on next page]*

- ✓ Labelling Salivette® (labels for sample IDs, you may protect labels against wet conditions by wrapping tape around labels)
- ✎ Optional, 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

## 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*

- ✓ Open the Salivette® by snapping off the stopper and remove the swab (by using your mouth as you drink from the Salivette®).
- ✓ Please move the swab gently in your mouth for 1-2 min but do not chew (*You may use a timer of your phone to stop the minutes*).
- ✓ Please transfer the swab with the absorbed saliva back to the Salivette® (do not touch the swab) and replace the stopper.

## Storage



*Storage (at participant's home or laboratory)*

- ✓ Please store Salivette® 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 (optional)



### Further processing

- ✓ Note the weight of the Salivette® 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 Salivette® 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 Salivette® (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 1-49)

## Storage



### Storage

- ✓ Please store Salivette® at cool temperatures, ideally at **-20°C or colder (e.g., at -80°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	comments
1	1.AB 01 01 A				
2	2.AB 01 01 B				
3	3.AB 01 02 A				
4	4.AB 01 02 B				
5	5.AB 02 01 A				
6	6.AB 02 01 B				
7	7.AB 02 02 A				
8	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 Salivette® 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)
- ✓ Salivette®: 130x130x100 (7x7 grid)\*

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