

Sample Collection Instruction Booklet – Stage 1

THE BART'S OXFORD (BOX) FAMILY STUDY: Understanding the causes of type 1 diabetes

Thank you for participating in this study. We appreciate that collecting the samples will take time and we want to support you with this in any way we can.

If you have any questions regarding collecting samples please do not hesitate to contact us either by email box-study@bristol.ac.uk or telephone 0117 414 7915.

You may also find the answer you are looking for on our website:

bristol.ac.uk/translational-health-sciences/box-study

You can find links on our website to video clips for finger prick and mouth swab sample collection.

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Mouth swab sample collection instructions

Kit contents:



You will also need a sharp pair of scissors (not provided).

Please avoid having food or drink in your mouth when you collect your sample, it is important that you have a clean mouth. The inner tube should not be left in direct sunlight. Once you have collected your samples they should be returned to us as soon as possible.



1. Stand the inner tube up in the lid of the outer tube. The inner tube contains some mouth swab collection buffer, please do not discard or spill (**contains detergent- do not drink**). Please make sure that the inner tube has your details on the label.

2. Remove the swabs (3 per person) from their packaging. Rub each swab firmly around the inside of the mouth

- along the gums and on the inside of the cheeks. This should be done for approximately **20-30 seconds** per swab.



3. Put the used swabs into the inner tube so that the swab ends are submerged in the collection liquid. Cut off some of the stick, enough so that each swab will fit into the tube with the lid closed. Once you have collected all 3 swabs, close the lid tightly and remove from the stand.



4. Put the inner tube into the outer mailing tube (lid end up) and close the outer tube lid.

5. Place the outer tube in the zip lock biohazard bag and together with the completed sample form put them in the freepost padded envelope.

6. Please post your sample back to us as soon as possible in the normal post.

Finger prick capillary blood sample instructions



Kit contents:

1 finger prick (capillary blood) collection tube
(with separation gel – do not remove)

2 alcohol wipes

2 gauze swabs

2 plasters

2 single use lancets

Includes 1 spare in case
the first puncture attempt
is unsuccessful

Note: Being well hydrated the day and hours before taking your sample can make the collection easier.

1. Ensure hand and fingers are warm (holding them under warm running water for a minute or two just before blood collection can help).
2. Select one of the following (shaded) sites to puncture:



Note: Many people find their 'ring' finger produces better blood flow than their middle finger.

3. Clean the chosen puncture site with the alcohol wipe and allow to **dry**.

4. Prepare the safety lancet and puncture the skin as shown:



A Twist the cap until it separates from the lancet.



B Press the lancet **very firmly** against the finger to ensure a good puncture site and blood flow. You may wish to rest the finger on a flat surface and press the firing button.

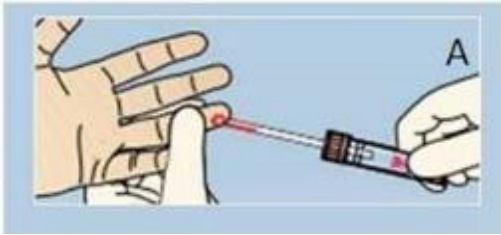
5. Discard the first drop of blood by blotting finger on the gauze swab.

6. To maintain good blood flow, hold arm downwards and massage your hand.

7. If the blood flow stops, try holding the hand high above your head for a minute, once the hand is lowered quickly wash the finger puncture site to prevent clotting and hopefully the blood flow may start again.

8. Collect the blood using the capillary method described in steps A-G **OR** if the capillary tube becomes blocked or you can't get blood into it, you can remove the capillary tube lid and drip/scrape blood directly into the collection tube.





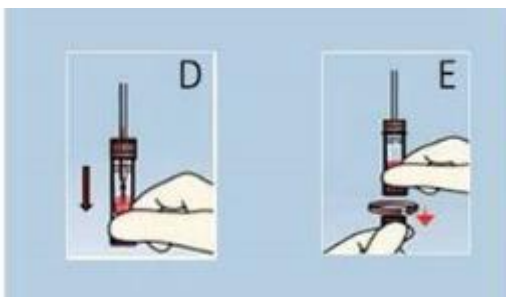
A Hold the blood collection tube in a horizontal or slightly inclined position and collect the blood sample with the capillary tube.



B If you need to massage the hand to promote blood flow during collection, the tube can be placed horizontally on a flat surface.

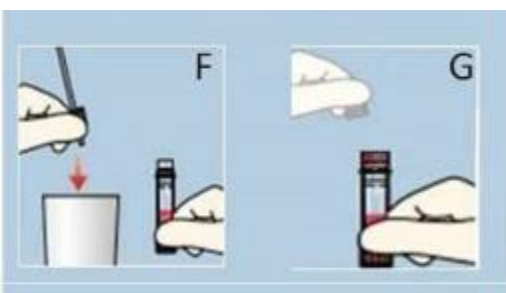


C Collection is complete when the capillary is completely filled with blood. Do not worry if you are unable to collect the full amount, or if blood drains into the tube during the collection and you collect more than 200ul. Please return whatever you are able to collect.



D When collection is complete, stand the tube upright on a flat surface to allow the blood to flow down into it. It might be necessary to give the tube a couple of gentle taps to encourage the flow.

E Remove cap from the base of the tube by twisting and pulling downwards.



F Twist to remove top cap and capillary and discard as a complete unit.

G Using the cap removed from the base, seal the tube by pressing down until it locks into place.

9. Clean any excess blood from the puncture wound using the gauze and apply the plaster. Avoid putting any undue pressure on the puncture site or surrounding area for several hours as this may cause further bleeding.
10. Place the blood collection tube and the lancets (used and unused) in the biohazard zip lock bag and return to us as soon as possible in the freepost packaging provided.

Further information

Please make sure you have filled in the sample return form and return it to us with your samples. All the samples should be returned to us using the freepost packaging provided via your local post box.

How to contact us

If you have any questions regarding sample collection, please contact us or visit our website where you will find some demonstration videos.

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