

## Using saliva sponges to collect RNA samples from infants and young children

*Note: disregard instructions included in the container packaging.*

### Introduction

Saliva can be collected from adult donors and older children by following the user instructions included in the Oragene®•RNA self-collection kit. However, for collecting samples from infants and young children unable to spit, we have developed an alternative collection procedure that uses saliva sponges to collect a sample and transfer it into the Oragene•RNA self-collection kit. The CS-1 or CS-2 accessory pack sponges work well for collecting saliva from the front and cheek pouches of a young child's mouth.

**Read these instructions in their entirety before proceeding with the collection.**

### Preparing for saliva collection

- Caution should always be used when inserting object into a child's mouth. Do NOT leave the child unattended when using the sponges and maintain a firm grip on the sponge handle during the collection. We recommend only using the sponges in the accessory packs from DNA Genotek; do NOT substitute other sponges or swabs.
- Children should not eat, drink or chew gum for 30 minutes before the collection. For infants, wait 20–30 minutes after nursing before collecting a saliva sample.
- Some children find that the sponge tickles their mouth; depending on the age of the child, it may be helpful to explain beforehand that the collection will be a “fun” experience that will not take long and that the sponge may tickle.
- A small amount of table sugar placed on the top of their tongue may be used if necessary to help them make sufficient saliva. This may be done by one of the following methods:
  1. gathering a pinch of sugar between your thumb and forefinger and then sprinkling it on the top of the child's tongue.
  2. using the tip of the sponge to ‘scoop’ a small amount of sugar onto the child's tongue.
  3. pre-wet a sponge with the child's saliva, touch this sponge to some sugar crystals and then place the sponge into the child's mouth to mop up saliva.

Proceed in this way with each of the 5 sponges supplied. Try to discourage children from sucking on the saliva sponge during collection as this will significantly reduce the amount of saliva collected. Similarly, more saliva can be collected if the child is instructed to open his/her mouth before removal of the saliva-soaked sponge.

- **Note:** The use of sugar with infants (0–12 months old) is optional and at the discretion of the parent.
- If the child has teeth, avoid directly rubbing the teeth to minimize the bacteria collected.
- If a child can provide some saliva by spitting, but not the full amount required, it is perfectly acceptable to combine saliva from both sources in the same Oragene•RNA kit.
- While it is important to collect the saliva sample as quickly as possible (within 5 minutes), try to saturate each sponge with saliva before transferring it to the kit. The use of sugar can be repeated to help the child produce more saliva.

### For Research Use Only

Not for use in diagnostic procedures

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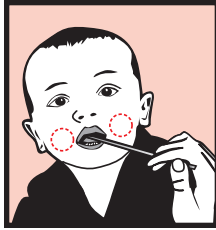
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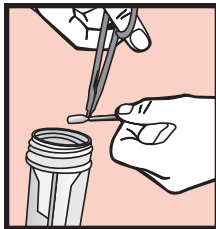


## Steps for collecting saliva



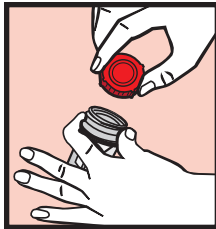
1. If necessary, place a pinch of sugar on the top of the child's tongue to help produce watery saliva (see recommendations listed on previous page).

Use a sponge to soak up as much saliva as possible from the front of the child's mouth and the cheek pouches; there is no need to 'scrape' the inner cheeks with the saliva sponge. The sponge will absorb more saliva if it is left in the child's mouth for a longer time (up to 30 seconds).

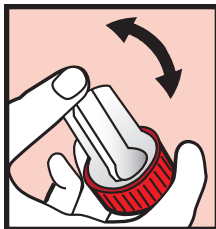


2. Once the sample is collected, use a pair of scissors to cut the narrow part of the handle just above the sponge; let the sponge drop into the Oragene-RNA vial.

Up to 5 saliva sponge samples may be collected from the same child by repeating steps 1 and 2. The use of sugar can be repeated at any time to make more saliva, if necessary.



3. To prevent the saliva samples from drying out, tightly cap the vial within 5–10 minutes of the first collection. Once the Oragene-RNA solution is released from the red cap, it will preserve the RNA collected by the sponge(s) and contained within the vial.



4. Shake the closed container vigorously for at least 10 seconds to mix the sample. Tap the bottom of the upright container on a hard surface (e.g., a countertop) until the sponge tips are sitting in the base of the container.

5. If the scissors are to be re-used, they should be rinsed with tap water and wiped dry between donors.

### Technical support is available Monday to Friday (9h00 to 17h00 EST):

- Toll-free (North America): 1.866.813.6354, option 6
- All other countries: 613.723.5757, option 6
- Email: [support@dnagenotek.com](mailto:support@dnagenotek.com)

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All DNA Genotek protocols, white papers and application notes, are available in the support section of our website at [www.dnagenotek.com](http://www.dnagenotek.com).

