



National CADDRE Study: Child Development and Autism
How to Collect Cheek Swab Samples

Thank you for agreeing to provide cheek swab samples. This kit contains the following items:

- Consent forms
- Envelope containing brushes (three brushes per person)
- Cheek Swab Sample Record form (one form per person)
- Large postage paid, addressed envelope
- Small addressed envelope

Please read this document before you start collecting the cheek cell samples.

We need samples from each of the family members listed below.

Family Member	Name
_____	_____
_____	_____
_____	_____

Wait at least one hour after eating before you collect the samples. For children, a good time to collect the sample might be before tooth brushing.

If more than one person is listed above, please try to do the samples for everyone on the same day.

Completed samples should be mailed back to us within 24 hours.

Each person named above should follow the steps on the back of this page when collecting the cheek swab samples. You may want to have your child watch you give your sample before you take a sample from him/her. It might be helpful to show your child the brush and tell him/her that it is “like a special toothbrush for the cheeks.” If you can’t get all three samples from your child, please return the ones you are able to get.

Please read all the directions on the back of this page before you start collecting the cheek swab samples.

1. Each adult should read and sign one copy of the enclosed consent forms. Check the title of the form to make sure that you sign the correct form. Put the signed forms into the smaller pre-addressed envelope and seal the envelope. Please call us if you have any questions.

2. Take out the envelope that is labeled for you. For example, if you are the child's biological mother, you should use the envelope labeled "Mother." Inside you will find a sheet titled **Cheek Swab Sample Record**. Answer the three questions in Section A.

Note: If this envelope is for your child's sample, the Cheek Swab Sample Record should be green. If this is for the biological mother, the sheet should be yellow. If this is for the biological father, the sheet should be blue.

3. Take out the plastic pouch labeled **Brush #1**. Slowly tear part of the backing of the pouch – start where it says "peel at arrow" and stop where you see the 3 stars. Carefully take the brush out of the pouch. **Be sure NOT to touch the brush end.** See Figure A.

4. Hold the brush handle in one hand and place the brush end inside your mouth, against your cheek. Place your other hand on the outside of the cheek. Twirl the brush firmly against the inside of the cheek and your cheek's "gutter" for 30 seconds. Use the other hand to apply gentle pressure from the outside. The gutter is the area between your gums and cheek. See Figures B and C.

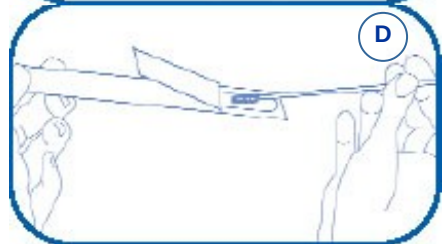
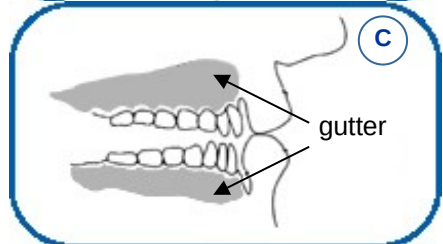
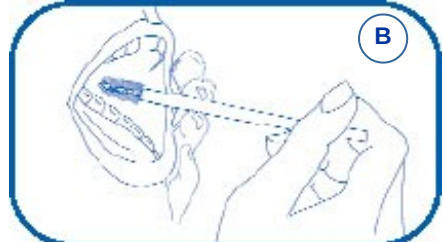
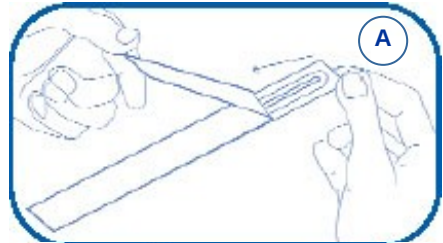
If you are collecting your child's sample, you may want to do the brushing for him/her. Ask your child to open his/her mouth wide. Remember to use your other hand to gently apply pressure from the outside of the cheek.

5. Put the brush back in the pouch, brush end first. Do not re-use the brush. See Figure D.
6. Answer the questions in Section B of the **Cheek Swab Sample Record** for **Brush #1**.
7. Repeat steps 3 through 6 with **Brush #2** – this time use the other side of your cheek and gutter.
8. Repeat steps 3 through 6 with **Brush #3** – this time twirling for about 15 seconds on **both sides** of the mouth and gutter.

9. After collecting all 3 samples, complete Section C of the **Cheek Swab Sample Record**. Put all 3 completed cheek samples back into the envelope they came in. Complete Section D of the **Cheek Swab Sample Record** and put the form inside the envelope with the brushes.

10. All other family members listed on the front of this sheet should follow steps 2-9 using the brushes labeled for them.

11. When everyone has finished collecting all their samples, place all samples in the larger self-addressed, stamped envelope. Also include the smaller envelope that has the consent forms. Seal the large return envelope and send it to us by US mail. Remember, samples should be mailed within 24 hours of collecting them.



If you have any questions on how to collect these samples, please call us at [phone number]. We will be happy to help in any way!