

**Attachment 15B:  
Buccal Cell Collection Directions for Iowa Respondents**

**DIRECTIONS FOR MOUTHWASH**

The purpose of this simple procedure is to collect some loose cells from your mouth. Please follow the directions below. You may request help reading the instructions from a member of your household, but **please do not permit anyone else to handle the collection materials.**

Here is a list of what you should find in the envelope we mailed to you:

- 2 copies of the Informed Consent Form
- Screw top collection container
- Plastic bottle of mouthwash
- Leak-proof plastic bag with a small absorbent sheet (in case anything spills)
- Pre-stamped mailing envelope

**If you have not received all of these materials,  
please call us at 1-800-217-1954**

1. Read and sign one copy of the Informed Consent Form (the other copy is yours to keep).
2. Do not eat or rinse your mouth for one hour before collecting the saliva sample.
3. Open the bottle of mouthwash and fill the enclosed screw top collection container half full of mouthwash (to the red fill line).
4. Swish the mouthwash from the collection container around in your mouth vigorously for 45 seconds. **Watch the clock while you do this.**
5. Holding the container close to your mouth, spit the mouthwash back into the collection container. Replace the top on the collection container and screw it on tightly. You may keep the remaining portion of mouthwash for your own use.

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**MAILING INSTRUCTIONS**

Prepare the collection container for mailing as follows:

1. Place the collection container into the leak-proof plastic bag. Do not remove the absorbent sheet.
2. Remove any air from the bag and seal the bag.
3. Place the plastic bag and its contents into the padded envelope that is addressed to the biorepository.
4. **Make sure the consent form with your signature is placed in the padded envelope.**
5. **Try to mail the sample within 24 hours of collection.**

**If you have any questions or concerns, please call us at 1-800- 217-1954.**