

Australian Cerebral Palsy Research Study

Buccal Cheek Swab Instruction Sheet

Please read all the following instructions first

Please ensure you do not eat or drink 30 minutes prior to collecting the sample.

Step 1. Thoroughly rinse out your mouth with water.

Step 2. Open the swab by holding each end, twisting it to break the seal in the centre, then pulling each end apart.

Step 3. Insert the swab into your mouth and rub it firmly on the inside of both of your cheeks for approximately 1 minute, making sure you move the brush over the entire cheek.

Step 4. Allow the swab to dry for 10 minutes at room temperature. You can do this by holding it or placing it where the swab will not come into contact with any other surface. For example, you could stand it in a cup with the swab end upwards.

Step 5. Repeat steps 1-4 to collect a cheek swab sample from your child, or ask your child to follow these instructions to collect their own sample if they are able to.

Step 6. When dry, place the swabs into their corresponding tubes labelled 'Mother' and 'Child'.

Step 7. Please post both swabs back to us on the same day they were collected in the envelope provided. It is important that you post the swabs on the same day they are used to ensure that the DNA from these samples can be tested adequately. To prevent any delays in the post, we suggest you collect the swab sample and post it on a Monday, Tuesday or Wednesday if possible.

Remember to also include in the envelope the completed questionnaire (green) and consent form (yellow).

If you have access to the internet, please visit our website at www.adelaide.edu.au/cerebralpalsy where you can watch an instructional video on how to collect a cheek swab sample.

We anticipate that sometimes swabs can be lost, broken or contaminated. We are very happy to post you another kit if you telephone our coordinating centre on 1800 800 254. We would not like to lose your contribution to this study. If you prefer, you and your child can visit the Women's and Children's Hospital, North Adelaide, and a member of our research team can collect the samples for you.

Thank you for your help with this important research into cerebral palsy.