

# Providing a Saliva Sample



TALKING THERAPIES

# TTRR

RESEARCH RESOURCE

The TTRR offers you the chance to take part in **ground-breaking research aimed at improving the lives of future patients**

Thank you for participating in the TTRR, part of the NIHR Maudsley Bio-Resource. This involves providing a saliva sample. This leaflet provides you with some information to **help you give a sample quickly and easily**, and how to safely return it to us.



## Why do I need to provide a saliva sample?



Your saliva contains your **DNA** (your unique genetic blueprint).

Researchers can use your anonymised DNA to **investigate the links between mental and physical health, treatment, and our genes.**

## What have I received in my saliva kit?

The following items are included in your saliva donation kit:

- Jiffy bag with a freepost address to the NIHR BioResource
- A plastic Ziploc bag containing 1x DNA saliva kit
- A Saliva Collection form (Saliva acquisition form)

## What do I do?

- Please clean your teeth **30 minutes before** collection to reduce food particles mixing with the saliva sample.
- Do **not** eat, drink, smoke, or chew gum in this time.
- There is a DNA stabiliser fluid inside the collection tube. **Please keep it upright to prevent any spillage.**
- Follow the instructions given in the collection kit (briefly, you need to fill the tube with saliva **UP TO THE LINE**).
- Please do not over-tighten the funnel, and try not to overfill the tube.
- Fill in the **highlighted boxes on the Sample Acquisition Form** (date & time at which the sample was taken, and time of your last meal/snack).
- To encourage saliva production, you can rub the inside of your cheeks with your tongue and/or gently massage your cheeks.
- Firmly close the lid on the tube.
- Enclose the tube in the plastic Ziploc bag provided.
- Place this Ziploc bag along with the **completed** Sample Acquisition Form into the freepost jiffy envelope.
- Please **close the jiffy envelope with additional sellotape** to prevent it from opening during transportation.
- **Once you have finished, place the jiffy envelope in the post box.**



## Any questions?



If you have any concerns, or your contact details have changed since registration, please do not hesitate to visit our website [www.ttrr.org.uk](http://www.ttrr.org.uk) or **CONTACT US**: FREEPHONE 0800 995 1999, phone 0207 848 5381, or email [ttrr@kcl.ac.uk](mailto:ttrr@kcl.ac.uk).

**THANK YOU FOR TAKING PART—YOU HAVE MADE A VERY IMPORTANT CONTRIBUTION TO RESEARCH.**