

kConFab PROTOCOL FOR BUCCAL CELL COLLECTION
February 2002

PURPOSE

kConFab participants who don't respond to request to give blood, or firmly refuse the blood collection, should be asked to donate a buccal cell specimen. These cells are derived from the inside of the cheeks and are collected with a simple "swish-and-spit" technique using commercial mouthwash.

SUPPLY FOR COLLECTION KITS:

- 1 small bottle of Listerine (sealed) from Heather
- 1 empty 50 ml tube from Heather
- a plastic biohazard specimen bottle and cardboard box and TNT plastic bag
- a pre-printed return consignment note
- a proforma fax sheet with kConFab ID and name of the participant printed on it

COLLECTION AND STORAGE

A collection kit is given or mailed to the subject along with an instruction sheet (see below). The description of the procedure is self-explanatory. The sample should be sent to PMCI at once for processing, or stored at 4°C until sent.

DIRECTIONS FOR MOUTHWASH

The purpose of this simple procedure is to collect some loose cells in your mouth. It involves the use of diluted **Listerine** (a commercial brand of mouthwash) that is provided to you in a small sealed bottle to swill around in your mouth to wash off the cells.

Please follow the directions below:

1. Brush your teeth as you usually do, rinse your mouth well twice with water and wait 2 hours. Do not eat or drink anything other than water during this time.
2. After 2 hours, pour 10 mls **Listerine** from the bottle into the tube. Add 10 mls of tap water. Place all of the diluted mouthwash provided into your mouth, **without swallowing**.
3. Swish the mouthwash around in your mouth vigorously for 30 seconds. **Watch the clock while you do this.** It is important that you do not shorten the time you swish the mouthwash, but there is no harm in doing it longer than 30 seconds.
4. Spit the mouthwash back into the blue top plastic tube. Replace the cover on the tube and screw it on **tightly**. Place the blue top tube into the plastic bottle, cardboard box and then the plastic TNT bag provided. On the outside of the plastic bag place the TNT consignment note that has our address pre printed on it.
6. **Please ring TNT on 132 767 within 24 hours after collection for a pick up. Store in the fridge until the sample is collected.**

THANK YOU!