

**Dear Family,**

given your consent, in this package we're sending you more information, forms and instructions and all material you will need for your at-home-sampling:

- Information sheet for your participation in the study.
- Declaration of consent (mandatory to be signed by both parents)
- two sterile oral mucosa swaps (blue cap) and additional tubes for transportation
- one tube for semen sample (yellow cap) and an additional tube for transportation
- two small tubes for hair sample (translucent)
- microvettes, blood sampling lancets and disinfection wipes

For sampling please follow the instructions below!

**Oral mucosa:**

1. do not eat for 30 minutes before the sampling
2. tear open the packaging and take out the swap. Please be advised to not touch the swap itself!
3. use the swap to swipe along the area between the lower back teeth and inside of the cheek. Use generous pressure and repeat a few times.
4. twist open the blue cap, turn around the swap and insert it into the liquid. Close the lid well.
5. put the tube in the appropriate transportation tube and close it well.

**Semen:**

1. collect the semen in a larger container
2. twist open the smaller cap on top of the main cap of the tube. Do not twist the main cap!
3. stick on the suction attachment and draw the semen into the syringe
4. dispose of the suction attachment
5. twist back on the smaller cap and break of the piston and dispose of it too.
6. stick the tube into the transportation tube and close the lid well.

**Hair sample:**

Pluck at least 15 hairs from the outer edge of your eyebrows and stick them into the appropriate tube. If your hair is fine or you cannot collect enough hair from your eyebrows, please use leg-, beard-, armpit- or pubic hair. It is essential for the hair to be collected with the root. Therefore, please use tweezers to pluck the hair. Simply cutting the hair will resolve into a re-sampling!

## Blood:

Please watch an instruction video to be well prepared for the blood sampling. You will find such Videos under the search prompts “**Accu-Chek Safe-T**” and “**microvette capillary blood collection**” on YouTube.

1. the microvettess are already labelled. Please make sure to use your own microvette!
2. choose a finger (we recommend the ring finger, since it usually has less callus than thumb or index finger)
3. pull the safety cap from the lancet (**figure 1**)
4. if not already done by us, twist the purple part of lancet to the highest adjustment (indicated by the longest line in the neighbouring grey area). This is vital for the aspired amount of blood (**figure 2**)
5. warm up the finger by rubbing it or placing it into a warm bath or running it under warm water. To increase the later blood flow, you can also, stroke the finger a few times with a tight grip from knuckles to tip.
6. disinfect the finger with the enclosed wipe!
7. hold the lancet to the side of the disinfected finger. Use generous pressure and press the button on top (**figure 3**). The needle will puncture the skin and draw back into the lancet afterwards. There is no risk of injury afterwards. The puncture is less painful than a common blood sampling from the vein.
8. bring the microvette underneath the punctured finger and collect the blood. Continuous rubbing and pressing of the finger is mandatory to collect enough blood.
9. fill the microvette at least to the 250 mark, if possible to the 500 mark.
10. put the lid back on the microvette. Enough pressure is needed for it to fully close. You will hear a click.
11. tap the microvette a few times

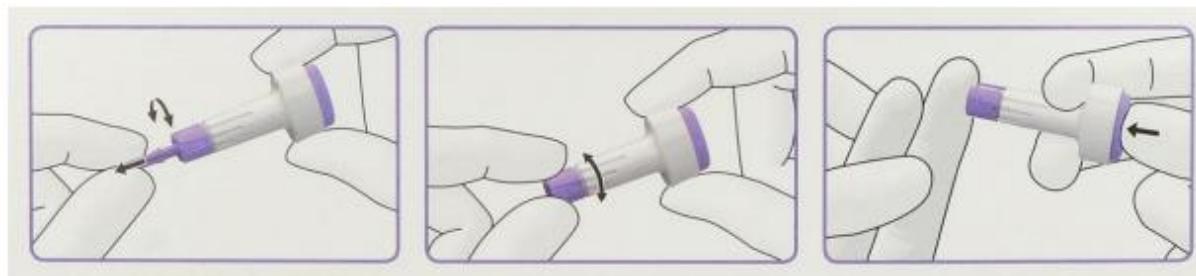


Figure 1-3

**Checklist:**

- Declaration of Consent (filled out and signed)
- oral mucosa swap of the mother (labeled und newly packaged)
- oral mucosa swap of the father (labeled und newly packaged)
- semen sample (labeled und newly packaged, participation only possible with this sample)
- hair sample of the mother (labeled)
- hair sample of the father (labeled)
- blood sample of the mother (labeled)
- blood sample of the father (labeled)

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Thanks a lot for your participation!

Best wishes,

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