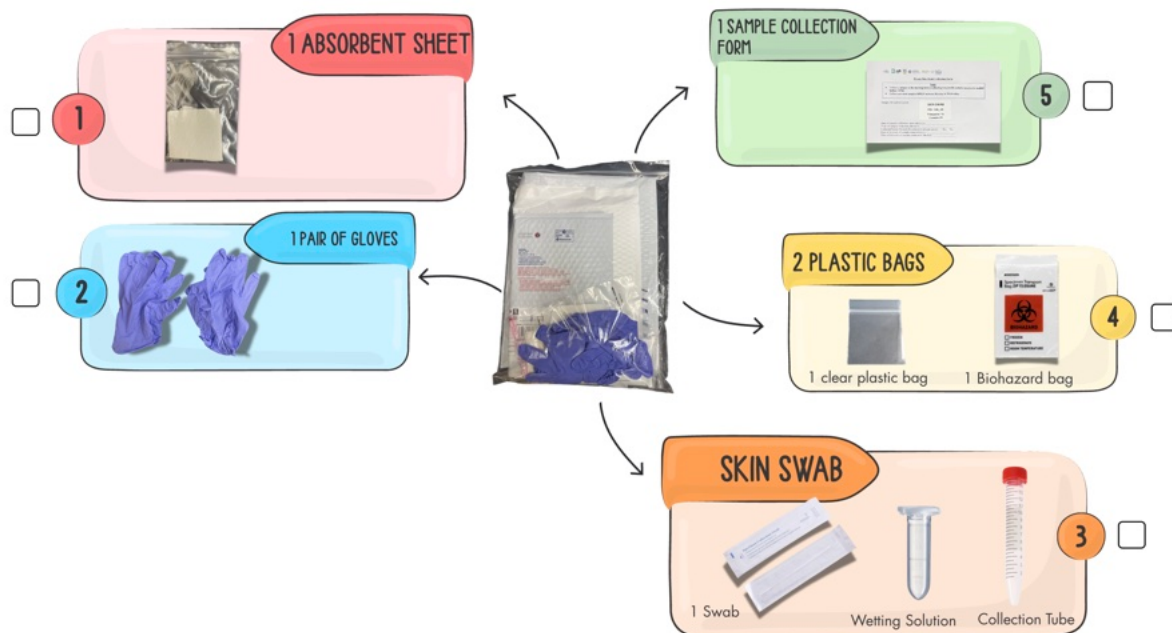


CALINA-IBD Study

2-Weeks & 3-Months Postpartum Breastmilk and Breast Skin Swab Collection

Do not forget: Place the ice packs in the freezer.

1- BREAST SKIN SWAB COLLECTION



Kit contents: 1 absorbent sheet bag, 1 pair of laboratory gloves, 1 sterile flocked or polyester-tipped swab, 1 labeled wetting solution tube, 1 labeled collection tube, 2 plastic bags (1 clear plastic bag, 1 biohazard bag), and 1 skin swab sample collection form.

QR Code to Step-by-Step Video Instructions:



SCAN ME

URL to Step-by-Step Video Instructions:

https://www.youtube.com/watch?v=GmkTgdgGMUA&ab_channel=DNAGenotek

General instructions

- Collect swab **before** collecting breastmilk, from the **same breast** you plan to collect milk from.
- Collect and send samples only on the assigned collection day. If you are unable to collect your sample on that day, please contact us and we will reschedule your collection date.

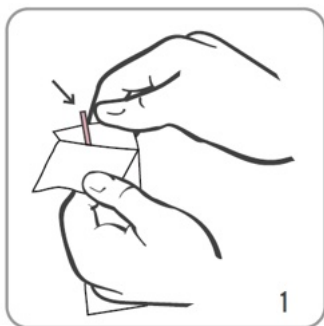
Breast Skin Swab collection

Before starting

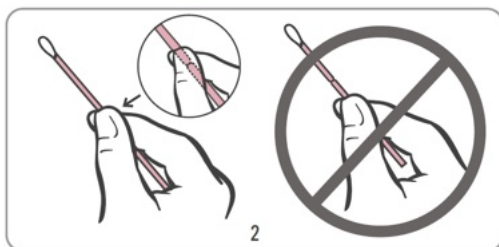
1. Wash your hands thoroughly with soap and warm water, then dry them completely.
2. Put on a pair of laboratory gloves.
3. The swab should be taken from the **areola** (the darker pigmented skin around the nipple) and the surrounding skin (approximately a 2–3 cm radius) on the breast you will use or have used to collect breastmilk. Ensure that this skin area is clean and dry. Do not apply any lotions, creams, or powders before collection.

Preparing the swab

4. Remove the swab from the packaging. Make sure not to touch the tip that will be inserted to collect the sample. Do not place the swab down on any surface. If you touch the tip or lay the swab down, ask for a new one.

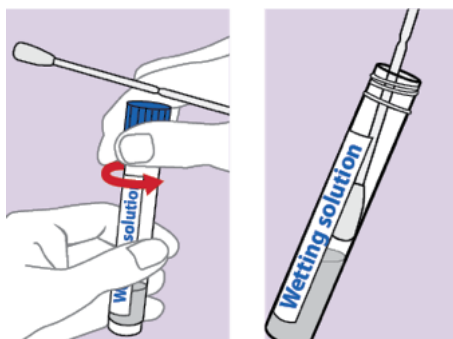


5. The swab may have a score line or red mark on it. Hold the swab at the line/mark (image 2).

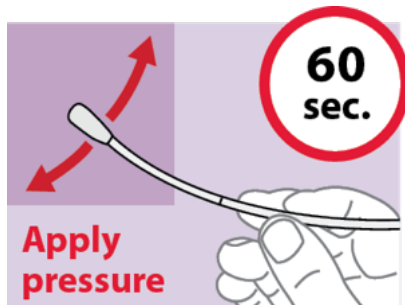


Collecting the sample

6. Locate the Wetting solution tube and carefully remove the blue cap. Immerse the entire swab tip into the Wetting solution.
7. Discard any remaining Wetting solution and tube in the garbage.
8. Immediately proceed to step 9 to avoid letting the swab dry.



9. To ensure a successful collection, apply **generous pressure on the swab tip**. Using a back-and-forth motion, rub the **entire** area to be sampled for a **total of 60 seconds**, rotating the swab at least once.



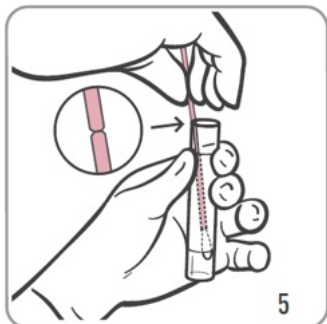
10. While holding the swab handle in one hand, carefully unscrew the cap from the **collection tube**.



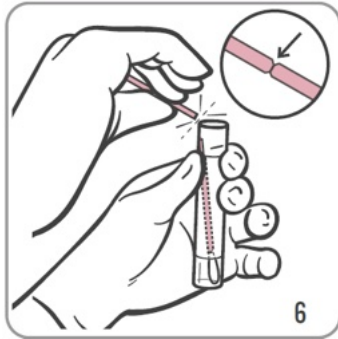
IMPORTANT:

The swab will bend significantly during this step but will **NOT** break.

11. Place the swab into the liquid in the **collection tube** (image 5).



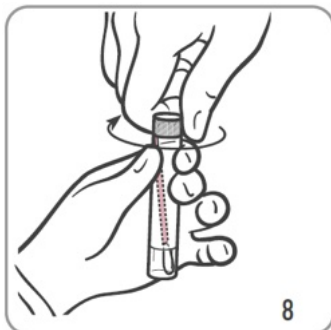
12. Carefully break or snap the swab stick off so it will fit in the tube when the cap is replaced (image 6).



13. Discard the top portion of the swab in the garbage.



14. Tightly screw the cap back onto the **collection tube**.



15. After collecting the breast skin swab, place the swab tube securely into the provided biohazard bag and seal the bag.

17. Record the date and time of collection on the collection sheet, then place the completed sheet into the empty plastic bag provided.

19. Keep the swab at room temperature and proceed with the breastmilk collection.

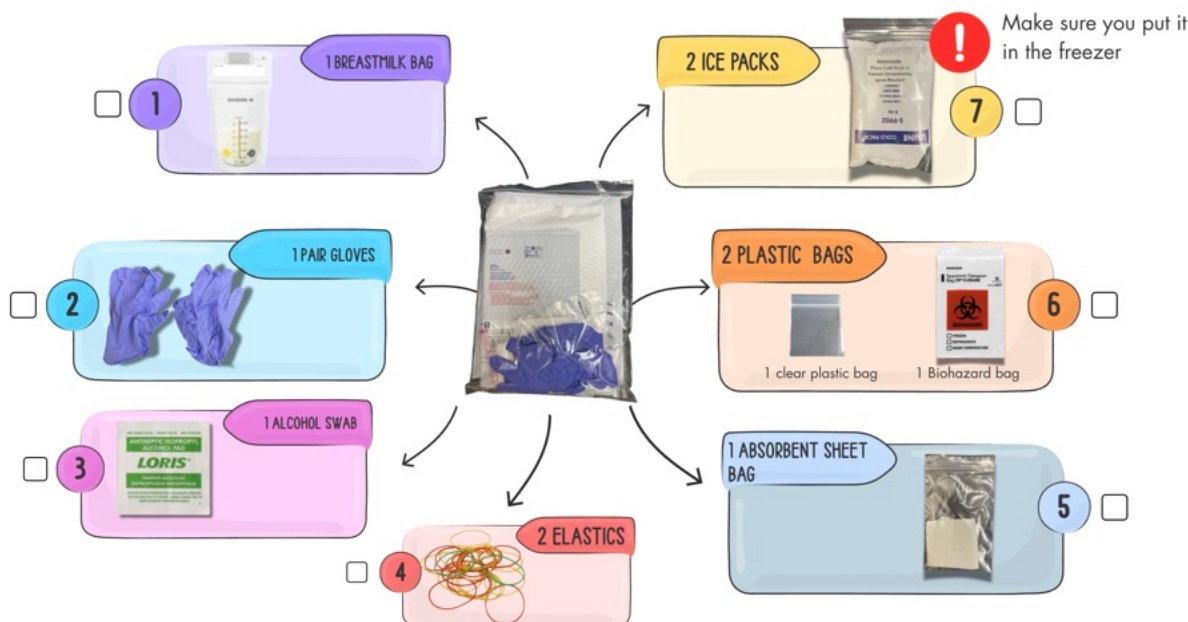
Shipping Instructions

1. Wrap the **breast skin swab container** in an **absorbent sheet** and place it into the **small Ziploc bag** provided. Seal the bag.
2. Place the sample (inside the Ziploc bag) into the back pocket of the Biosafety bag.

3. Place the sample **enclosure form** into a separate **small Ziploc bag**. Seal the bag.
4. Place the sample enclosure form (inside the Ziploc bag, into the front pocket of the Biosafety bag.
5. Seal the Biosafety bag completely, ensuring it is fully closed.
6. Place the sealed Biosafety bag into the silver insulated envelope, **do not seal the envelope yet**, as the breastmilk sample will also be placed inside before sealing.



2-BREASTMILK COLLECTION



Kit contents: A labelled breastmilk collection bag, a biohazard specimen bag, 1 empty plastic bag, 2 absorbent sheet bag, 1 pair of disposable gloves, alcohol swab (for optional cleaning of the nipple area before expression), 2 plastic elastics, a collection instruction form, and a collection form.

General instructions

1. Wash hands thoroughly with soap and warm water.
2. Ensure all pump parts and storage containers that will contact the breast or milk are clean and dry (sterilized if baby is premature or hospitalized).
3. Use provided sterile breastmilk collection tubes provided in the kit.

Before Expressing Milk

- Chose a quiet, comfortable environment.
- Collect milk ideally **in the morning, from the right breast**, minimum 2-4 hours after the previous feeding. Include both the milk produced at the beginning of breastfeeding (foremilk) and at the end (hindmilk).
- Ensure the collection area is free from distractions.
- Have a glass of water or a light snack available.
- Use relaxation techniques (e.g., breathing, soft music) to promote letdown.
- Consider gentle breast massage or warm compresses for a few minutes to stimulate flow.
- Keep your baby nearby or use a photo/scented item for emotional stimulation if not present.

Expression Instructions

You may use a **breast pump or hand expression:**

A) For a **breast pump:**

1. Assemble pump per manufacturer instructions.
2. Moisten the breast shield if needed for comfort.
3. Begin at a low suction setting and increase gradually, ensuring comfort at all times.
4. Continue collecting milk until you have at least **5–10 mL (and up to 50 mL if possible)**. Try to include both the milk that comes out at the beginning of the feed (foremilk) and the milk that comes later (hindmilk).
5. Thoroughly **mix** collected milk.
6. Transfer the breastmilk directly into the Medela breastmilk bag provided into the kit (up to **50mL, approximately ¼ cup**)
7. Fill out the collection form with the **date**, and **time** of collection.
8. Immediately **refrigerate at 4°C** after collection.
9. **Ship within 24 hours.**

B) For **hand expression:**

1. Place thumb and fingers ~1 inch behind the nipple.
2. Push gently back toward the chest, compress, roll fingers forward, and relax.
3. Rotate finger placement to express from all ducts.
4. Collect the breastmilk directly into the Medela breastmilk bag provided into the kit (up to **50mL, approximately ¼ cup**)
5. Thoroughly **mix** collected milk.
6. Fill out the collection form with the **date**, and **time** of collection.
7. Immediately **refrigerate at 4°C** after collection.
8. **Ship within 24 hours.**

*If not shipping the same day, keep the sample refrigerated and contact study team (calina.ibd@ubc.ca).

QR Code to Step-by-Step Video Instructions for hand expression:



URL to Step-by-Step Video Instructions:

<https://www.youtube.com/watch?v=rOXqIgD3k8Y>

*Note: This video is using a spoon to collect, but you can collect directly into the breastmilk bag provided.

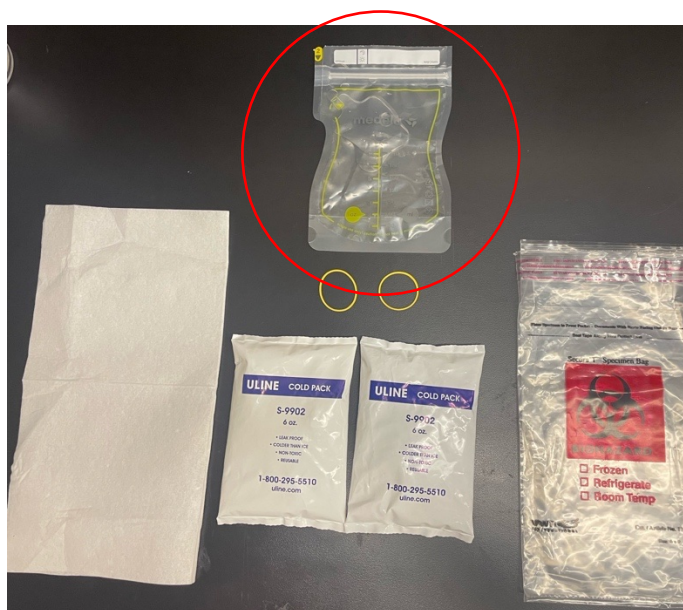
After Expression

1. Wash hands again with soap and water for at least 30 seconds.
2. Read shipping instructions carefully.

3-SHIPPING INSTRUCTIONS

Breastmilk

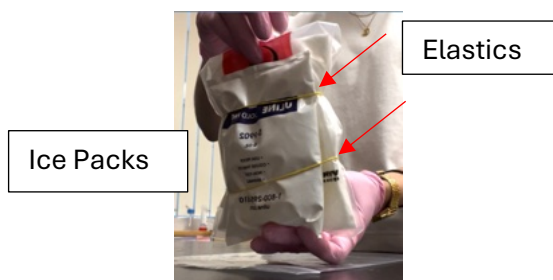
1. After collecting the breastmilk sample, put on the second pair of laboratory gloves provided.
2. Transfer the breastmilk into the Medela collection bag provided in the kit. Ensure the bag is securely sealed.



3. Fold the absorbent sheet around the Medela collection bag and place it into the large pocket of the **biospecimen bag**. Place the **collection form** into a **small Ziploc** and place it into the front pocket of the biospecimen bag. Seal the biospecimen bag.



4. Place one **ice pack on each side** of the biospecimen bag and secure them with the **2 elastics**.



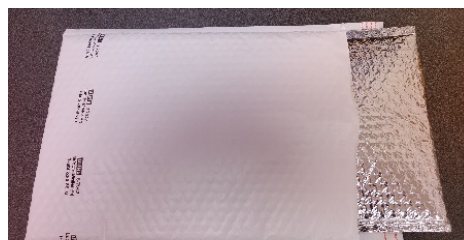
5. Place the biospecimen bag into the **medium plastic bag**. Remove as much air as possible and seal the bag.



6. Place the sealed plastic bag with the **breastmilk sample** into the silver insulated envelope. Add the **breast skin swab** to the insulated envelope.



7. Seal the silver insulated envelope.
8. Place the silver insulated envelope into one of the plain large white padded envelopes and seal it.



9. Place the two padded envelopes into the pre-paid Canada Post mailer (Seal the mailer securely and ensure the pre-addressed mailing label is on the outside).



10. Drop off the pre-paid mailer in a **Canada Post Authorized Shipping Agent near you before the 3 PM pickup** on the day of sample collection to ensure next-day delivery to our laboratory.

To find a location near you:

Canada Post Retail	Canada Post Street Letter Box
	

Please email the research assistant below and let them know that the sample has been sent:

Please remember: In order to avoid sample delivery on a weekend, please only collect and mail samples from Monday through Wednesday- post before 3pm.

If you have any questions please contact:

Mathilde Wilhelmy, Research Assistant, wilhelmy@student.ubc.ca