

## Instruction Letter to Participants in the Research Study on Protective Factors Against Caries for 6-Year-Olds

Hello!

You have indicated that you and your child would like to participate in the research study on factors that protect 6-year-olds from dental caries. You have received an appointment for a 6-year check-up at the Public Dental Service, which all children in Värmland receive.

Since you are participating in the research study, we ask you to bring a urine sample from your child. **It should be collected in the morning when the child wakes up.** The urine will be analyzed to identify any chemicals it contains.

The cup for collection is included with this letter. Instructions on how to collect the sample are provided below.

### Saliva Collection

When you arrive at the Public Dental Service, your child will be asked to provide a saliva sample.

**Your child should not eat, drink, or brush their teeth for one hour before the examination.**

### Urine Collection

**Please read the entire instruction on the next page** before starting the urine collection.

- On the morning of the examination day, a urine sample should be collected from your child.
- The urine should be collected during the first bathroom visit after waking up.
- Use the collection cup provided with this instruction letter.
- The cup is already labeled with an ID code (do not write your child's name or any other personal information on the cup).

#### Contact Information

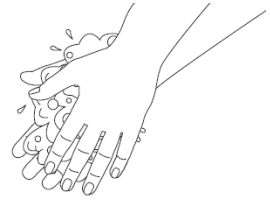
If you have any questions about the urine sample collection or anything else, feel free to contact us:

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## Instructions for Urine Collection

1. When your child wakes up in the morning, collect the urine sample.
2. First, wash your hands thoroughly and dry them.
3. Check that there is a label with an ID number on the cup.
4. Open the lid of the collection cup. Place the lid in a safe and hygienic place.



### Steps to collect the urine

5. Collect the urine in three steps:

Step 1: Urinate a small amount into the toilet.

Step 2: Without stopping, collect the urine in the cup until it is about half full (approximately 60 ml).

Step 3: Finish urinating in the toilet.



6. Put the lid back on the cup. Make sure the lid is tightly secured. Wipe the outside of the cup with clean toilet paper.



7. Store the sealed cups with urine in your refrigerator until it is time for your visit to the Public Dental Service. Bring the cup with you and hand it to the staff.