

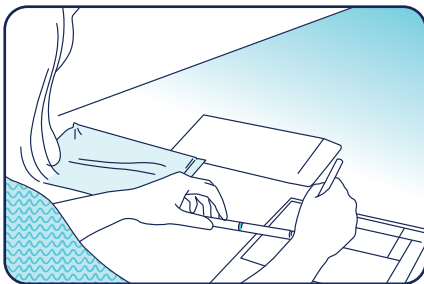
## How to collect saliva from your baby to test for CMV (cytomegalovirus)



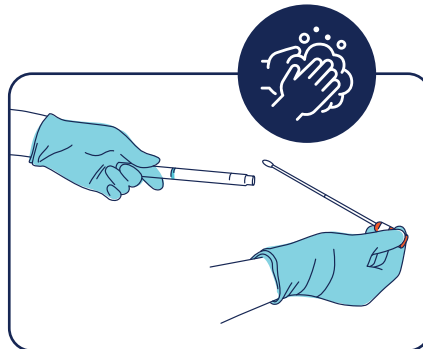
### BEFORE STARTING, PLEASE NOTE:

- If you are breastfeeding or giving your baby expressed breast milk, don't take the sample for **at least 1 hour after the feed**. If your baby is having formula you can complete the saliva sample at any time.
- Take the sample as soon as possible, preferably **before your baby turns 21 days old**.

- 1** Check that your child's name and date of birth are spelt correctly on the pathology slip AND on the saliva tube. If not, please fill these details in.



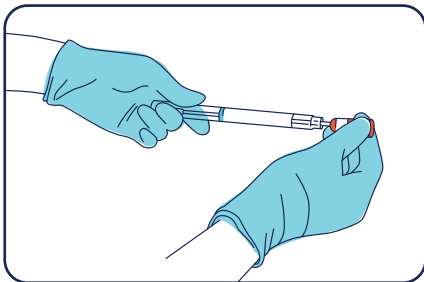
- 2** Wash your hands. Put on gloves if available and twist the top of the swab stick to pull it out.



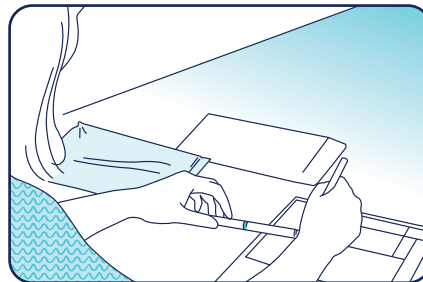
- 3** While holding onto the top of the swab stick, place the swab into your baby's mouth. Hold it against the inside of your baby's cheek for about 1 minute to soak up the saliva.



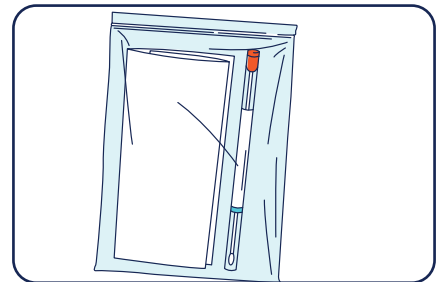
- 4** Put the swab back inside the tube and push it tightly closed to make sure it is sealed.



- 5** Fill in the details at the bottom of the pathology slip including the date and time saliva was collected.



- 6** Place the swab tube and the pathology slip in the plastic bag. Return it to your collection centre.



Please note: the swab has no taste and does not hurt your baby. The swab must take saliva from inside your baby's mouth. A swab can be taken even if your baby is crying or sleeping. This information is produced by the Childhood Hearing Australasian Medical Professionals (CHAMP) network with the support of Deaf Children Australia and the Australasian Newborn Hearing Screening Committee. Special thanks to Christie Yung. For more information visit: [www.newbornhearingscreening.com.au](http://www.newbornhearingscreening.com.au)