

## Eyes Ears Nose and Paws Scent Sample Volunteer

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**Thank you** for volunteering with the Diabetic Assistance Dog Program at Eyes Ears Nose and Paws. Below is a brief questionnaire and a set of instructions for collecting scent samples. The questionnaire will help us to expose our dogs in training to all types of people who have diabetes --- different ages, gender, ethnic backgrounds, and people taking different kinds of medications. The information will only be used for this purpose and will remain confidential.

**Name** \_\_\_\_\_

**Age** \_\_\_\_\_ **Sex** M F

**Ethnic Background** Asian Arab Black Hispanic Native American  
Pacific Islander White Other: \_\_\_\_\_

**I have** Type I Type II **diabetes.** **Date of diagnosis?** \_\_\_\_\_

**Medications** \_\_\_\_\_

**Do you currently smoke?** Yes No

### **Scent sample collection**

You will receive ziplocks with labels and cotton pads to take the scent samples.

1. Just before taking a glucose reading, take 1 cotton pad from the ziplock and wipe down your forehead, neck, and underarm areas.
2. Place the cotton pad inside a new labeled ziplock bag and seal it. Do not open the ziplock or handle the gauze again.
3. Take your glucose reading, and fill out the label.

We are looking for scent samples from the whole range of glucose levels you experience --- high, low, and target ranges. If you have an opportunity, please include samples when your glucose levels are at the highest, lowest, and solidly inside your target range.

*What should I do if I forget to wipe with the gauze pads?*

If you remember immediately after you test your blood sugar, take the sample anyway. Otherwise skip the sample collection until your next reading.

*What if I accidentally mix the cotton pads from 2 different readings?*

Throw away the gauze pads and ziplocks that were affected.

### **Important points:**

- *Never delay medical treatment or risk your health or well-being to take a scent sample.*
- *If taking any scent sample does not go as planned, discard the sample.*
- *Use a new ziplock/cotton pad for every sample taken.*

### **Send Them In!**

After about 1 week (or when all ziplocks have been used, whichever comes first), put all of the collected scent samples in the addressed envelope and send it to the Eye Ears Nose and Paws office.

## **Thanks for your help in training Diabetic Assistance Dogs!**

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