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# IFOS Volunteer Timeline

| MOTHER | | INFANT |
|---|---|---|
| - Questionnaires<br>- Skin Prick Test<br>- Blood Sample<br>- Given Cord Blood Collection Kit | Recruitment Visit (PMH) | |
| | Delivery | - Cord Blood Collection |
| - Given 100 capsules, capsule diary, food infection diary | 1-2 days Post-Partum (We visit you in Hospital) | |
| - Breast milk sample<br>- Given 100 capsules, capsule diary, food & infection diary | 3 month Visit (PMH) | - Saliva sample<br>- Urine sample<br>- Questionnaire |
| - Breast milk sample<br>- Food Frequency Q (if still nursing) | 6 month Visit (PMH) | - Urine sample<br>- Saliva sample<br>- Blood sample<br>- Food Freq Q |
| - Breast milk sample<br>- Food Frequency Q (if still nursing) | 12 month Visit (PMH) | - Skin Prick Test<br>- Saliva sample<br>- Blood sample<br>- Food Freq Q<br>- Infant Q |
| | 24 month Visit (PMH) | - Skin Prick Test<br>- Blood sample<br>- Food Freq Q<br>- Infant Q |