



PRODUCT INSTRUCTION SHEET

PRODUCT CATEGORY: Sensonics Snap & Sniff® Eco-Friendly Olfactory Test (++G051SNSTY)

PRODUCT NAME: Snap & Sniff® Odor Threshold Test (S&S-T)

WEIGHT: 14.76 oz

DIMENSIONS: 11 x 15.5 x 17 in

DESCRIPTION:

The Snap & Sniff® Threshold Test Kit is comprised of 20 smell “wands.” Five contain no odor, whereas the others contain half-log dilutions of rose oil (phenyl ethanol) ranging from 10^{-2} (strongest) to 10^{-9} (weakest) vol/vol concentrations. Because the odorant is presented briefly, the odor is retained for much longer periods and can be used for testing many more subjects than devices lacking such sophisticated technology. Although a simple ascending method of limit threshold employed by others can be obtained using the Snap & Sniff Threshold Kit®, we recommend a single staircase forced-choice paradigm. This optimizes the number of trials presented in the perithreshold region per unit time.



INSTRUCTIONS:

- **General instructions**

- Only qualified professionals should administer the test.
- The threshold test administration time typically takes less than 15 minutes.
- The test can be performed as a bilateral evaluation (both nostrils) or as a unilateral evaluation.
- If a subject has significant nasal congestion (even in a single nostril) on the day scheduled for odor test evaluations, consideration should be given to postponing testing.

- **Test materials**

- Sensonics International Snap and Sniff® Odor Threshold Test Kit (Multiple Use).
- Odor threshold test response form (to record the subject's responses).
- Pencil (recommended) or pen.

- **Test environment**

- Perform the assessment in a quiet room with clean air and, if possible, at a temperature of **20 - 21.7 °C (68 - 71 °F). Avoid testing in environments that are too hot or cold.**
- Allow the test kit to reach room temperature 10 to 15 minutes before starting the test, especially if stored at a different temperature (e.g. in the refrigerator).
- Both tester and subject should avoid wearing perfume, creams, or other strong fragrances when testing. Also advise the subject to avoid wearing strong fragrances on the day of this test.
- Wash your hands thoroughly with an unscented soap. If your hands smell like tobacco, wear odorless, unscented gloves.

- **Preparing for Test Administration**

- Before the day's test, push the collar of each rod to open its end and allow any odor accumulated during storage to dissipate. If the kit is new, there will be a small piece of adhesive tape attached to the collar of each rod. Remove and dispose of the tape before using the rod.
- Place the test kit on the table so that the subject does not see the top of the rod (the label with concentration levels). Use the lid of the box to block the view of the subject.
- The tester should sit at the corner of the table and have the subject sit in such a way that his/her nose is easily within reach of the preferred hand of the person administering the test

- **Instructions for the subject**

- Read the following instructions to the subject so that they clearly understand the test procedure:
This test is designed to determine your ability to smell. The chemical employed in this test is safe, is found in many consumer products, and has been smelled by thousands of subjects without adverse effects. On each trial of this multi-trial test, you will be presented with two odors from smell wands, one after the other, and you are to report which one, the first or the second, seems strongest. I will instruct you when to sniff. Usually, at the concentrations we employ, you will not experience an odor, per se, but only a slight sensation or weak nondescript odor that may or may not be stronger than that noted in the other wand. Indeed, on many trials you will probably not be able to discern any difference between either wand. In all cases, however, you must do your best to try to distinguish which stimulus, the first or the second, is strongest. If you are not sure, you must guess which one is strongest, even if they seem exactly the same to you. Don't be discouraged if you have difficulty in this task, as many of the stimuli fall at concentrations below those that can be normally detected by your sensory system. Importantly, nearly everyone who takes this test performs much better than they subjectively believe.
- Before performing the first administration of the test, demonstrate the process to the subject, presenting a first and second rod using empty (blank) stimulus rods.

- **Test administration**

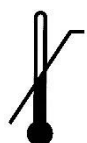
- **Presentation of stimuli**

- Take the rod from the box (covering the top where the concentration level is marked).
- Place the tip of the rod under the subject's nose, close to the area between the two holes, and press forward with your thumb on the sliding collar to release the odor.
- Hold for about 2 seconds. Ask the subject to smell.
- Indicate aloud the sequence number of the presented wand: "*here's the first one.*"
- Close the odor tip by releasing the sliding collar or pushing it back toward the bottom of the rod and place the rod back into its hole.
- Repeat the previous steps with the second stimulus.
- Indicate aloud the sequence number of the presented wand: "*here's the second.*"
- Ask the subject to provide an answer indicating which of them is the strongest: the first or the second.
- Always start the test with concentration level **-6 log**.
- Present the stimulus pair of a concentration level in the order indicated in the sequence column corresponding to the evaluated concentration level (the table with the sequence columns is at the bottom of the threshold response form).
- The letter (O-odor or B-empty [blank]) in the sequence column indicates which stimulus (smell or blank) should be presented FIRST in a pair. Each sequence column has a total of five O's and B's.

- Follow the sequence in a column from top to bottom. To ensure the correct order of completion, cross out the letter in the column with a single line after you have presented that sequence pair to the subject.
- **Recording of responses; Performing the test**
 - At the bottom of each form, there are columns of five O's and B's. Each O indicates a trial pair where the odorant is presented first, and then the blank. Each B indicates a trial pair where the blank is presented first, then the odorant. These columns are read from top to bottom.
 - The initial odorant presentation (O first, then B) is made at the -6.00 log concentration step. On each trial, a correct response (i.e., in this case the subject reporting "O" to be stronger than "B") is signified by placing a "+" in the box in the row related to the concentration presented. An incorrect response is signified by placing an "O" in that same box.
 - If a miss occurs on any trial before five consecutive stimulus pairs are correctly completed at that concentration, the next trial immediately begins at the concentration two sets higher on the response form (i.e., one log step higher).
 - When five consecutive correct trials occur at a given concentration level, the staircase is "reversed" and the subsequent pair of trials is presented at a concentration 0.5 log step lower (i.e., one box lower).
 - From this point on, present only one or two attempts by pairs at a particular level of concentration:
 - If the first attempt fails, the second attempt is not presented and the next attempt is started in a higher square (0.5 higher concentration level).
 - If both attempts are successful, the next attempt is started in a lower square (at 0.5 lower concentration level).
 - Testing is completed after a total of seven staircase reversals are completed. If someone has no sense of smell then the staircase goes to the top and no reversals usually occur.

MAINTENANCE AND CONSERVATION OF THE TEST KIT

- At the end of each test make sure that the odor tip of each rod is fully closed. If, for any reason, the rod spring is not completely closing the odor tip, the tip can be closed by pushing the collar back to the bottom of the rod. If the rod gets stuck, apply some Krytox lubricant (provided with each kit) to grease the black O ring exposed when pushing the rod collar.
- Store the test kit in a safe place below 71°F (21.7°C). It may be stored in the refrigerator. **Do not store the kit in a room with a high temperature.**



30°C

Upper limit storage
temperature



Keep Dry



MANUFACTURER

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