

Buccal Swab Collection Instructions

Each test kit contains the following:

- Single-use buccal swab sealed in wrapper
- Dry Pouch
- Barcode Sticker

Before Sample Collection



1. Rinse your mouth with water and do not eat, drink, smoke, chew gum, or brush your teeth for 1 hour prior to sample collection.
2. Wipe off any lip balm or lipstick.
3. Only use the swab if its wrapper is intact.

Sample Collection



1. Open the kit wrapper and place the swab, Barcode Sticker and Dry Pouch onto a clean, dry surface.
2. Pick up the swab by its handle, being careful not to touch the swab head.
3. Insert the swab head into your mouth and rub firmly against the inside of one cheek for 30 seconds with one side of the flat swab.
4. Move to the other cheek and swab for another 30 seconds using the other side of the flat swab.



5. Place the swab into the Dry Pouch head first. The swab head should sit within the drying area as shown on the Dry Pouch.
6. Fold the Dry Pouch at the fold line, with the clear side inwards.
7. Use the Barcode Sticker to seal the folded flap. Sample is stable at room temperature.

Shipping Your Sample



1. Write your return address on the upper left-hand corner of the return envelope. Ensure there is sufficient postage.



2. Place the Dry Pouch labeled with the Barcode Sticker containing your swab sample into the return envelope.



3. Seal the envelope (ensure adequate postage) and place it into an outgoing mailbox.



4. Your practitioner will contact you when your results become available. Please allow approximately 1-2 weeks from when your sample reaches our laboratory.