



Directions for Sample Collection

Contents: 2 sterile swabs & vials in collection bag, Requisition Form, Postage Paid Return Envelope

Prepare for Collection:

1. Do not eat or drink anything, smoke, chew gum or brush your teeth, for at least **90 minutes** prior to collection with swabs.
2. Fill out and sign the requisition form, and place it in the Genoma test kit envelope.
3. Prepare to collect sample. Place the sterile swab packets and vials on a clean surface.

NOTE: *DO NOT TOUCH THE SWAB TIPS WITH YOUR FINGERS OR LET THEM TOUCH ANY SURFACE.

***DO NOT COLLECT SPECIMEN IF YOU HAVE ACTIVE BLEEDING OR OPEN SORES IN YOUR MOUTH.**

This may contaminate your specimen and affect your results.

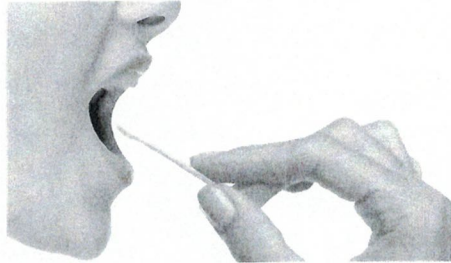
Collect sample:

1. Unscrew the caps to the 2 vials; be careful not to spill contents or touch inside of cap.
2. Open one swab packet and carefully remove the swab by the "stick" end, not the tip.
3. Holding the swab by the "stick" end, place swab end against the inside of your right cheek, and rub the swab firmly around the inside of your cheek for 30 seconds, rotating swab as you do this. **Remember, you are collecting cells, not saliva.**
4. When done, carefully place the swab **tip side first** into the vial, holding the vial steady with your other hand. Bend at black line, and snap off tip into vial. Carefully screw cap on tightly. **Do not touch the tip.**
5. Repeat steps 2-4 with second swab and the left cheek.

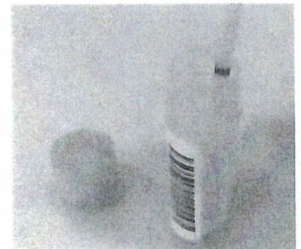
Step 2:



Step 3:



Step 4:



Prepare sample for mailing:

1. Place the two vials containing the swabs into the plastic collection bag; seal bag.
2. Place the plastic bag, along with your completed requisition form, in the test kit envelope. (*International customers only: place test kit envelope into padded envelope before placing into DHL envelope.*)
3. Place in the postage prepaid return envelope.
4. Mail the postage prepaid return envelope (USPS for U.S., DHL for international).