

Cheek Swab Sample Instructions

BEFORE YOU START, READ THIS ENTIRE DOCUMENT

1 CHECK YOUR KIT

Your kit contains:

- ♦ Cheek swab brush and collection tube, sealed
- ♦ in a wrapper
- ♦ Tube label
- ♦ Ziplock sample bag with absorbent pad
- ♦ Step-by-step instruction card
- ♦ Blank requisition form
- ♦ Prepaid return envelope

2 BEFORE YOU COLLECT

For **30 minutes** before you collect your sample, do not eat, drink, chew gum, brush your teeth or smoke. Nothing goes into your mouth during this time.

Wash and dry your hands before you begin.

3 LABEL YOUR TUBE

Fill in the label sticker and apply it to the collection tube **before** you collect your sample.

Print clearly in ink. A tube that arrives without a completed label cannot be processed.

- ♦ First name and last name
- ♦ Date of birth
- ♦ Date of collection
- Kit number
(located on your
printable
requisition form)

4 COLLECTING YOUR SAMPLE

1. Open the wrapper and remove tube.
2. Twist and pull the tube top to open
3. Hold the brush by the handle.
4. Place the brush in your mouth. Rotate and move up and down the tip along the inside of your cheek for **30 seconds on each cheek**. Use the entire brush tip to brush your cheek.
5. Do not touch the tip against your teeth or lips.
6. Once completed, remove the brush from your mouth and place it directly into the collection tube. Close the cap firmly.

5 RETURNING YOUR SAMPLE

1. Check that the label is completely filled in with all required information and firmly attached to the tube.
2. Place the tube in the Ziplock bag with absorbent pad and seal the bag.
3. Place the sealed bag into the prepaid return envelope provided.
4. Seal the envelope and drop it into any Canada Post mailbox.
5. Mail your sample the same day or the next day. Keep it at room temperature. Do not refrigerate or freeze.
6. You will be notified when the report is ready to review the results

QUESTIONS OR COMMENTS?

Contact us at

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