



Cheek Swab Sample Collection Instructions

STEP 1 | PREPARE FOR CHEEK SWAB SAMPLE COLLECTION

	Wait 30 Minutes!		No eating or drinking		No gum		No teeth brushing		No smoking
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Do not eat, drink, smoke, or chew gum for 30 minutes before your cheek swab sample collection.

If multiple people are being tested, complete the cheek swab collection kit (2 swabs) **for only 1 person at a time** to avoid sample mix-up or mislabeling.

Once you start, the cheek swab collection process can take between 2-5 minutes.

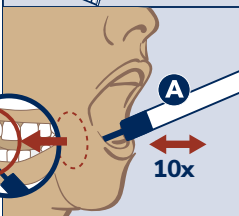
Scan QR code to watch video instructions.



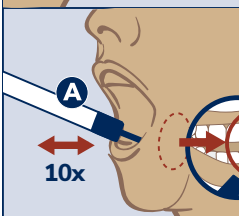
STEP 2 | USE THE FIRST SWAB (A)



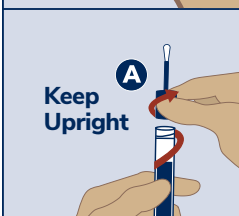
Open the first kit and remove the tube from the packaging without touching the swab.



Rub the swab on your lower gums on one side of your mouth with a back-and-forth motion 10 times. Avoid rubbing the swab on your teeth.

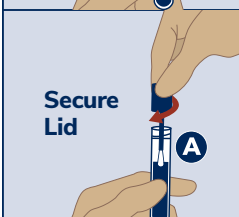


Switch to the opposite side of your mouth and rub the swab along the lower gums 10 more times.



Keep Upright

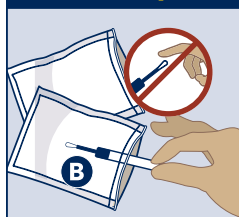
Hold the tube upright to avoid spilling the stabilizing liquid. Unscrew the cap from the tube without touching the swab.



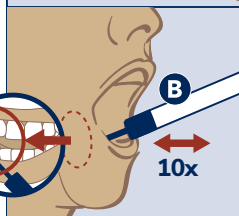
Secure Lid

Insert the swab into the tube, and then screw the cap tightly back on top of the tube.

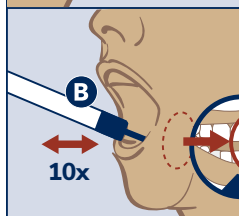
STEP 3 | USE THE SECOND SWAB (B)



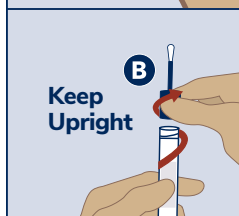
Open the second kit and remove the tube from the packaging without touching the swab.



Rub the swab on your lower gums on one side of your mouth with a back-and-forth motion 10 times. Avoid rubbing the swab on your teeth.

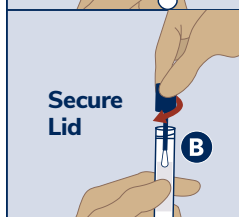


Switch to the opposite side of your mouth and rub the swab along the lower gums 10 more times.



Keep Upright

Hold the tube upright to avoid spilling the stabilizing liquid. Unscrew the cap from the tube without touching the swab.

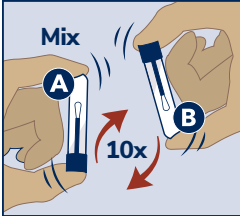
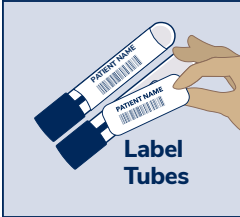
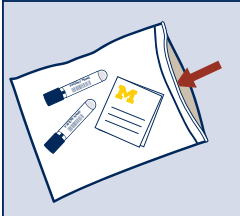
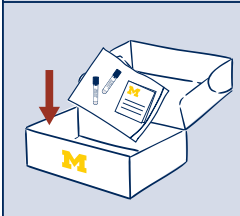





Secure Lid

Insert the swab into the tube, and then screw the cap tightly back on top of the tube.

TURN THE PAGE FOR MORE STEPS ►

STEP 4 | PREPARE CHEEK SWAB SAMPLE FOR SHIPPING

	<p>Flip the capped tubes upside-down 10 times to mix them.</p>
	<p>Check that the name on the labels matches the person whose cheek was swabbed, and then stick the labels on the tubes.</p>
	<p>Place the tubes in the small clear bag and seal it closed. Put any paperwork in the outside pocket of the bag.</p>
	<p>Place the small clear bag with the tubes in the box.</p>
	<p>Place the box in the shipping bag.</p>
	<p>Mail the package by dropping it off at a UPS store or drop box. Return the kit within 60 days of receiving it, or your testing may be canceled.</p>
	<p>Scan the QR code to find a shipping drop-off location.</p>



Instructions in Additional Languages

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If additional help is needed, call MLabs Client Services:

800.862.7284

When testing is performed on a sample collected by a patient or family member, Michigan Medicine cannot guarantee accuracy and is not liable for collection errors (such as sample mix-up, mislabeling, contamination, etc.) or issues that may have happened during shipping.

Intended use/purpose: For the collection of human DNA from saliva samples.

Intended user: This product is intended for adults to perform cheek swab collection on adults or children.

Contents: 1 kit

Warnings and precautions: Wash with water if stabilizing liquid comes in contact with eyes or skin. Do NOT ingest. See SDS at www.dnagenotek.com. Choking hazard. Caution should be used when inserting sponge into the mouth. Report any serious incident to DNA Genotek and the competent authority in your country.

Storage: 15°C-30°C (59°F-86°F)

