Included in the kit: Sterile breathable transport tubes with flocked-tip swabs

1. Refrain from eating, drinking, chewing gum, brushing teeth, or smoking for at least 30 minutes before sample collection.

2. Wash or sanitize hands prior to handling tube or swabs to avoid contamination.

3. Remove swab collection tubes from plastic wrapper and discard wrapper.

4. Write name, date of birth and date of collection on both labels. (located on the front of the box). Affix one label to each collection tube.

5. Carefully remove the swab from the first tube, taking caution to avoid touching the swab tip to any surface.

6. Using the same force as brushing your teeth, rub and rotate swab along the inside of one cheek for 30-60 seconds, ensuring that the entire swab tip has made contact with the cheek.

7. Remove swab, do not touch swab tip against teeth, lips, or other surface, and place directly into the collection tube. Make sure the top cap is tightly closed. Repeat steps 5 - 7 with the second swab on the opposite cheek.

8. Place collection tubes back into the box, enclose box into shipping envelope and ship back to Pathway Genomics.