



BUCCAL SWAB COLLECTION INSTRUCTIONS

PLEASE NOTE BEFORE YOU COLLECT SAMPLE

1. Please fill out the applicable sections of the provided Requisition Form.
2. Gather the 3 swabs provided for testing. Be sure they remain clean and dry until ready for collection.

HOW TO COLLECT A SAMPLE

Buccal Swab Collection Instructions

3. Rinse your mouth with cold water before you begin collecting your sample.
4. Open one swab at a time and collect the sample by rubbing the swab on the inside of your cheek about 20 times or for 15-20 seconds in a circular motion. Swab firmly so that the cheek is pushed outward. This will gently take some of the cheek cells for the DNA testing.
5. Use the opposite cheek for the next two swabs. Repeat the same process for the second and third swab.
6. Dry the swabs by shaking them in the air for a few minutes and then place the dried swabs back in their original sleeves.
7. Place the swab sleeves containing the dry swabs and Requisition Form in the AYUMETRIX paper envelope included in the kit. Do not place the swabs in a plastic bag. Seal the envelope and label the envelope with your name and date of sample collection. Be sure to sign the envelope.
8. Ship your test kit back as soon as possible after collection.

HOW TO PACKAGE AND MAIL YOUR SAMPLES

The day after you collect the sample, place the following into the pre-addressed return envelope:

1. Tightly sealed aluminum pouch containing the blood spot card.
2. The completed and signed requisition form. Without your signature we cannot process your sample.

Apply sufficient postage, and ship via method of your choice (US Postal Mail, FedEx, etc) to: 6655 SW Hampton St. Suite 110 B; Tigard, OR 97223

For additional questions

Call us at 1-800-215-8898

OR

Contact us at info@ayumetrix.com