

BUCCAL SWAB COLLECTION PROCESS

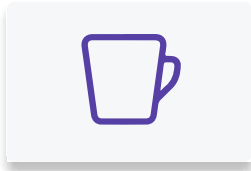
Tools to be prepared:



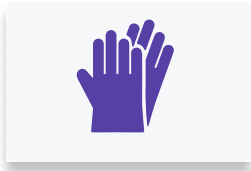
5 cotton swabs, standard, white.



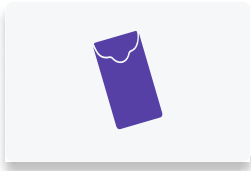
1 pair of sharp scissors



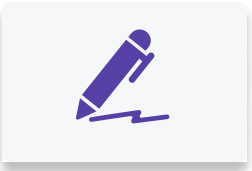
1 sterile glass cup.



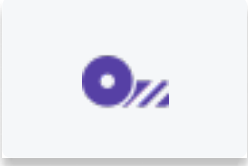
1 pair of sterile powder-free nitrile disposable gloves.



1 small paper envelope



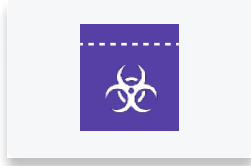
1 pen



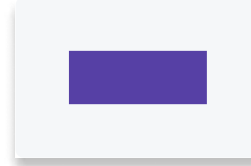
tamper evident security tape.



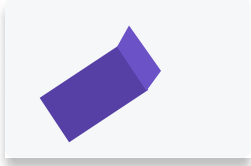
corrugated cardboard box mailer



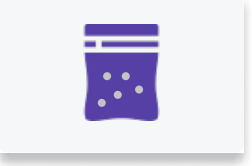
1 ziplock top biohazard specimen bag.



1 self-sealing bubble out bag.



1 self-sealing coin and small parts envelope



1 desiccant

DNA Sample Collection Steps:



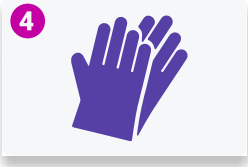
60 minutes before sample collection: rinse your mouth with water. Make sure you swish the water for at least 30 seconds before spitting it out. Repeat. Observe the color. If the water appears colored, repeat rinsing with water until clear.



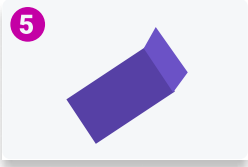
After you rinse your mouth, please refrain from eating, drinking, chewing gum, brushing teeth, or smoking until you finish the collection process.



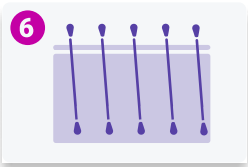
Wash your hands properly prior to handling envelopes or cotton swabs to avoid contamination;



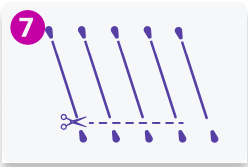
Put on powder-free nitrile disposable gloves and wear them throughout the entire collection procedure to protect DNA integrity.



With a permanent marker, write your specimen number and collection date on the self-sealing coin and small parts envelope.



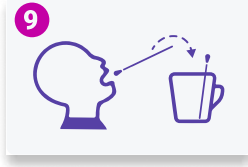
Carefully take a clean cotton swab from the package, grasp only the stem, and pull the swab out. Avoid touching the tips;



Using sharp scissors, cut the head of one side of the cotton bud (Q-tip), so we know which side of the cotton bud contains the DNA! You will need a total of 5 cotton swabs per person;



After you have cut the head of the cotton swabs on one side, hold the handles of 3 cotton swabs in one hand. Using the other hand, rub and rotate rigorously one cotton swab along the inside of each cheek for 30 seconds (1 minute total per swab), ensuring that the entire swab tip has made contact with the cheek to ensure maximum cell collection;



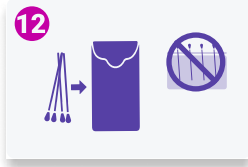
Remove swab, do not touch swab tip against teeth, lips, or other surfaces; Place the swab upright in a clean glass, ensuring that the end of the swab is not touching anything else;



Repeat the collection process (steps 7 and 8) with 4 more cotton swabs for a total of 5 collected;



Allow the swab a MINIMUM of 60 minutes to dry.



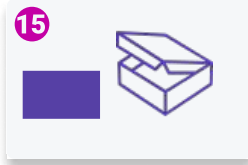
Put the dried swabs (cotton tip side down) directly into the small paper envelope. This will enable the swabs to dry out and help preserve the DNA. Seal the envelope.



Place the envelope and the silica gel desiccant packet in the ziplock top biohazard specimen bag.



Seal the ziplock top biohazard specimen bag and place it in the bubble out bag.



Seal the bubble out bag then place it into the corrugated cardboard box mailer for shipping.



Use the tamper evident security tape to seal the corrugated cardboard box mailer.



With a permanent marker, write down the selected nearby lab's address on the cardboard box and ship it immediately using the overnight delivery shipping service. You DO NOT need to mention your name, address, or any personal information anywhere.