



Questions about your test? Call us!
Green Valley Health Group

(844) 723-4624

Dear Patient,

Enclosed is the paperwork and swab to be used for your Hereditary Cancer Screening. Here is the information to follow along to ensure accurate results in one swab.

PLEASE READ BEFORE OPENING SWAB OR PROCEEDING!



**DO NOT EAT, DRINK, SMOKE OR CHEW GUM
FOR 30 MINUTES BEFORE COLLECTING YOUR SAMPLE.**

- **Do not let sponge tip come into contact with any other surfaces before or after collection.**
- Follow the instructions on the back of this page.
- Once step 8 is complete, sign the paperwork where marked (Date of collection on Box 4, Sign and Date Box 8 and Box 10).
- Place the Bio Hazard zip bag and paperwork inside the Box. Place the box inside the pre-paid return shipping Priority Mail bubble mailer.
- Leave bubble mailer for your regular mail pickup, or drop off at any US Postal drop location.

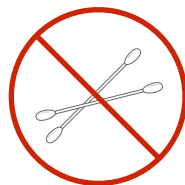
! WARNING



DO NOT touch the tips of the swabs.



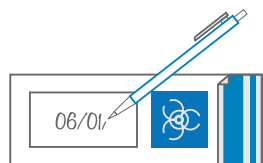
DO NOT let the tip of the swab touch anything except your cheek.



DO NOT use other specimen collection swabs or devices - the test only works with the validated swabs included in this collection kit.

INSTRUCTIONS

Follow these steps to administer the test and get accurate results:



STEP 1:

Verify your name and date of birth on the label of the small **blue** bag.

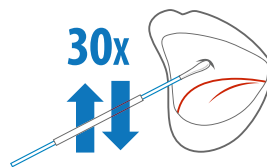
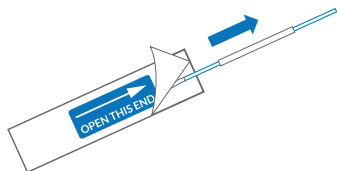


STEP 2:

Thoroughly rinse your mouth with water.

STEP 3:

Tear open the package from the bottom and slide out one swab. Hold it by its plastic shaft. **DO NOT** let the tip of the cotton swab touch anything, including your fingers.



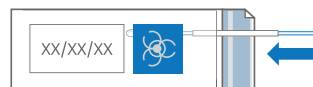
STEP 4:

Open your mouth and place the tip of the cotton swab against the inside of your cheek. Rub the cotton swab back and forth against the inside cheek, about 30 times.

While you rub the cotton swab, turn the plastic shaft. This will ensure the entire tip is covered with cells from the cheek.

STEP 5:

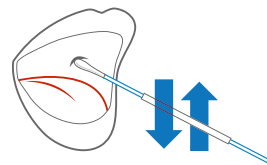
Place the cotton swab into the small clear blue DryPak envelope.



Don't seal the envelope yet!

STEP 6:

Remove the second swab from its package. Rub tip against the inside of your other cheek.



Repeat steps 4 and 5 with the other cheek. Remember, **DO NOT** touch the tip of the swab with your fingers.

STEP 7:

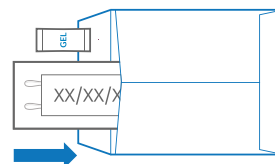
Place the second swab into the small clear blue DryPak envelope. **DO NOT** place anything else inside. Seal the DryPak envelope.



(Seal the envelope by taking off the protective strip, and then push the flap down and press firmly.)

STEP 8:

Put blue DryPak envelope into the **Bio Hazard** ziploc bag.



Make sure to keep the tiny Silica Gel Pack in the Bio Hazard bag, it will protect the sample from moisture.

Continue with instructions on the [front page](#).