



# BUCCAL SWAB DNA COLLECTION INSTRUCTIONS

## BEFORE YOU START

### 1 Verify Kit Contents

- Two sleeves with two Sterile Cotton Tipped Applicator swabs in each sleeve (total of four swabs)
- Requisition Form
- Informed Consent Form
- A Postage Pre-paid Return Envelope

2 Please read all of the directions and familiarize yourself with the collection procedure, located on the other side of this card. If you have any questions, please call 800.323.2784.

### 3 Complete the paperwork, collect samples, and return to lab.

- Fill out the test requisition form completely and sign it. In the collection information section of the requisition form (located in the upper right hand corner), fill in the specimen collection date.
- Read and fill out the Informed Consent for Molecular Genetic Testing Form and sign. **The test cannot be performed without a completed requisition and consent form.**
- Place completed Requisition Form and Informed Consent Form into the envelope along with the two sleeves containing the collected swabs.
- Seal the envelope and mail as soon as possible after collection.

US & CANADA: 1.800.323.2784  
GLOBAL: 1.630.377.8139  
info@doctorsdata.com  
www.doctorsdata.com



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## HOW TO COLLECT YOUR SAMPLES

- 1 Rinse your mouth with cold water prior to collection of your sample.
- 2 Each paper sleeve contains two swabs. A total of four swabs are to be collected.
- 3 Open a sleeve and remove one swab at a time. Keep the paper sleeve to return swab after collecting.
- 4 Swallow to remove excess saliva. Using a circular motion, rub the first swab on the inside of one cheek about 20 times, with enough pressure so that the cheek is pushed outward.  
  
Gently wave the swab through the air to dry it for three minutes. Then place the first swab back into the sleeve. Remove the second swab from the sleeve and repeat steps using the same cheek side.
- 5 Using the second set of swabs in the second sleeve, repeat the same process using the other cheek side.
- 6 Place the two sleeves containing the four dry swabs in the paper envelope provided for return mailing, along with the completed Requisition Form and Consent Form. Do not place swabs in a plastic bag.

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