







INSTRUCTIONS FOR COLECTION OF BUCCAL SWABS

General instructions

- ◆ You must wash your hands before proceeding to collect your DNA sample.
- ◆ For women, it is recommended do not wear lipstick before collecting DNA sample.
- ◆ Write on the pouch of each buccal swab: **name, date of birth and date of collection.**
- ◆ Store the buccal swabs in **the original pouch.** Do not put directly on the plastic bag provided. Bacterial growth in plastic and can cause DNA degradation.
- ◆ If you are not going to immediately send the buccal swabs with your DNA sample, keep them in the refrigerator until you take them to the mail. It is recommended that you put it in the mail within 7 days of collecting your sample.
- ◆ Collect DNA sample on **two swabs provided.**
- ◆ Don't forget to sign and send the **Genetic Consent Form.**
- ◆ If you have any questions you can visit: <https://www.pgenetic.com/collect-dna/>

Buccal Swabbing Instructions

 <p>Rinse your mouth with water prior to swabbing.</p>	 <p>Carefully remove the swab from its pouch. Note: Do not completely separate the two sides of the pouch. You should return the swab in its original pouch.</p>	 <p>Vigorously rub the inside of each cheek and over the gums for 30 seconds (1-minute total per swab). Note: Collect one swab at a time. Hold the swab as close to its head as is comfortable for the test subject.</p>
 <p>Air dry the swab for 1 minute, then carefully place it back into its original pouch. Note: Put the swab to aerate without touching another object to avoid contamination</p>	 <p>Repeat steps 2 to 4 using the second buccal swab.</p>	 <p>Put swab samples and Genetic Consent Form into the envelope provide for shipping.</p>