Sample collection instructions:



Rinse your mouth with water 30 minutes before collecting the specimen. After rinsing your mouth, please do not eat, chew gum or tobacco, drink, smoke, brush teeth, or rinse mouth before collecting the sample."



Carefully remove the swab from its packaging by holding the bottom end. Attach it to the cap of the collection tube (part of the kit with preservation solution).



Hold the sampler's handle firmly. Gently but thoroughly rub the swab tip against the inside of **each cheek** and **along the gums**, using circular motion for about 30 seconds.



Unscrew the tube's cap and insert the swab tip into the preservation solution. Snap the swab kit at the break point indicated and dispose the handle.



Securely close the tube with the cap. Shake the tube vigorously to mix the sample with the solution.