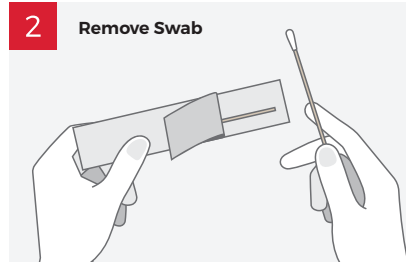


# Instructions For Using Buccal Swabs



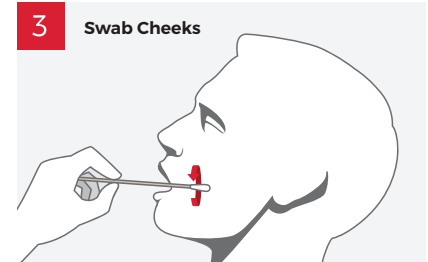
## Start Clean

To maintain the integrity of the DNA sample, do not eat, drink, or smoke for 30 minutes prior to swabbing. Doing so does not change the DNA or affect the result of the test, but foreign substances on a swab may negatively affect the ability to effectively extract the DNA.



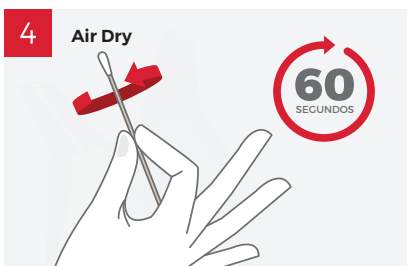
## Remove Swab

Tearing the end of its packaging carefully, remove a cheek swab by the stick, taking care to not let the fabric end touch the table or other surface.



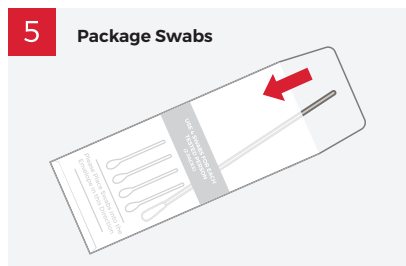
## Brush Up and Down While Rolling the Swab

Using a rolling motion, swab the inside of the cheeks on both sides for a full 30 seconds, taking care to avoid the gum areas as much as possible. Move the swab up and down while still rotating to maximize the collection of cheek cells that contain DNA. Remember, you are not collecting saliva—you are collecting cheek cells. Do not spit on the swabs. Repeat Step 2 with the remaining swabs, alternating cheeks with each swab; be sure to use all 4.



## Allow to Air Dry for 60 Seconds

If the swab seems “too wet,” wave it back and forth in the air for 60 seconds. The swab does not need to be completely dry before placing in the paper sample envelope.



## Place Swab in Paper Envelope

Taking care not to touch the fabric end, place the swab directly in the paper sample envelope. Swabs should never be put back in the original plastic packaging or stored in plastic baggies since this can degrade the sample during shipping.



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