

BUCCAL SWAB GENETIC TESTING Collection Instructions

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

IMPORTANT NOTES:

- The best time to collect your specimen is first thing in the morning, before you brush your teeth.
- Rinsing your mouth is not necessary if collection is done first thing in the morning.
- This specimen should be sent only on MONDAY or TUESDAY. If we receive the specimen late in the week, this will delay receipt of your results by one week.

KIT CONTENTS

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

2 x Sterile swabs	1 x Request form
1 x Collection instructions	1 x Patient Checklist Form
1 x Express Post transport bag	1 x Specimen Biohazard bag



NutriPATH

BUCCAL SWAB

SPECIMEN COLLECTION

1. The best time to collect your specimen is first thing in the morning, before you brush your teeth. Rinsing your mouth is not necessary if collection is done first thing in the morning. If this is not possible wait at least one hour after eating or drinking (except water) before collecting specimen. Rinse your mouth out with water, swishing vigorously for about 30 seconds. For small children, do not attempt to rinse mouth but just wait at least an hour after eating or drinking.
2. Open the sterile wrappers containing the swabs. Carefully take the swabs out by pulling down the wrapper **only about $\frac{1}{4}$ of the way**. This wrapper will be used to return the swabs to the lab.
3. Swab inside your mouth on the inner surface of the right cheek by rubbing and rotating the swab 15 to 20 times, using firm pressure (this should feel slightly uncomfortable but not painful), making sure that as much of the swab's surface is in contact with the cheek's lining as possible. If the pressure is too light or the contact of the swab with the cheek is inadequate, gene testing will yield inconclusive results.
NOTE: It is cells from the inside of your mouth, not saliva that are tested for the genetic predisposition, so it is imperative that cells are properly collected. Repeat the same process for second swab inside your mouth on the inner surface of the left cheek by rubbing and rotating the swab 15-20 times, using firm pressure as you did with the first swab.
4. Place the swabs in a glass or jar with the cotton end of the swabs sticking up in the air to dry. Allow the swabs to air-dry for 90 minutes.
5. Be sure your name is present and spelled correctly on the outside of the wrapper in which the swabs arrived. Gently slide the dry swabs back into the wrapper, cotton end first. **Keep the swabs at room temperature. If kept out for more than one week, freeze the swabs in their own specimen bag.**

COLLECTION KIT



NutriPATH

6. Place the swabs, now in their original wrapper, inside the specimen bag in which the swabs arrived and seal. Again, ensure that the information on this envelope is correct.
NOTHING BUT SWABS SHOULD BE SEALED INSIDE THIS SPECIMEN BAG. NO PAPERWORK in specimen bag.
7. Write date of collection on the NutriPATH request form and on the outside of the specimen bag.
8. Complete the NutriPATH "Patient Checklist Form" to ensure there are no delays in test results.
9. Place the swabs into the Express Prepaid padded envelope and seal it.
10. **Do not send samples between Thursday and Sunday, and sending on Wednesday will delay receipt of your results by one week.**

Thank you for your request, Results will be forwarded to your referring practitioner between 7 to 14 working days, depending on the analyses requested.