

# Buccal Sample Collection Instructions

---

Do NOT eat, drink, smoke, or chew gum for 30 minutes before swabbing.

The buccal swab, mailing materials, and instructions for use are included in this kit.

- 1) Remove swab from packaging and discard packaging
- 2) Rub the swab on the inside of each cheek (10 times per cheek).
- 3) Place the swab into the plastic sleeve with the blue strip and seal.
- 4) FILL OUT AND PLACE THE PEELABLE NAME/ID STICKER ON THE OUTSIDE OF THE PLASTIC SLEEVE
- 5) Place the plastic sleeve and swab inside the envelope labeled “biohazard” and seal.
- 6) Please read and complete the *Patient informed consent for genetic testing* form
- 7) Place the sealed envelope and the signed consent form in the pre-labeled cardboard box provided and seal. The package is pre-paid and can be returned via the US Postal Service.

If you have any questions please feel free to contact us at 877-395-7608 or 617-714-0315

Thank you,

Courtagen Diagnostics Laboratory