

# Cheek Swab Collection Instructions



Rinse your mouth with water. Wait 30 minutes before collecting saliva.  
(**DO NOT** eat, drink, chew gum, or smoke during this time)

- 1 Remove swab from the package. Do not touch the cotton tip.
- 2 Swab both sides of your inner cheek for 30 seconds while rotating the swab.
- 3 Break the swab into the bottle containing the blue liquid.
- 4 Close the lid and shake it for 5 seconds.
- 5 Place the collection tube in the box and mail it back for testing in the pre-paid shipping envelope.