

CHEEK SWAB COLLECTION METHOD FOR GENETICS STUDY

Preparation: Enclosed are individually labeled containers for saliva and/or cheek swab collection. Only use the container that is labeled specifically for you. Once you have completed the collection and tightened the cap on the container DO NOT re-open the tube.

- Please be sure to read the instructions carefully before performing the cheek cell collection.
- Please complete a consent form for each family member participating.
- Safety instructions – please keep the contents of this kit away from children. The liquid in the tubes should not be ingested or come into contact with your skin or eyes. For more details, see reverse.
- **NOTE:** One saliva kit is provided for each family member. The cheek swab has been included in case the affected person has difficulty obtaining a saliva sample.



1. Please DO NOT eat, drink, or smoke ONE hour prior to sample collection.



2. Find the kit with TWO labeled tubes and TWO cheek cell swabs.



3. Remove **ONE** swab from its package. Place bristle end of swab inside of the **LEFT** cheek and firmly rotate it over the entire inside of the cheek area for at least **thirty** seconds, keeping it against the cheek the entire time.



4. Place bristle end of swab into the first tube, submerging it in the liquid. **SPIN** the swab rapidly in the liquid several times. As you remove the swab, press and rotate the swab against the inside of the tube to ensure that the liquid remains inside.

5. Place the used swab back in its package and throw away. **Swabs are for one time use and should not be placed in mouth after being submerged in the liquid.**

- Screw cap back on the tube, ensuring it is tightly sealed.
- Place the first tube with the already collected cheek cells along with any other completed kits from all family members into the sample bag with the orange label.

6. Open the second tube and repeat steps 3 to 5 with the **NEW** swab on the **RIGHT** cheek.

Place the completed consent forms and the sealed bag containing all of the samples from all family members into the return envelope.

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Safety Precautions:

Given the small and much diluted amount of solution provided for the saliva/cheek cell collection, no adverse affects are expected. However as a precaution we are providing you with information about possible extreme and rare effects.

NOTE: The solution within each of the tubes in the kit should not be ingested, inhaled, or come into contact with your skin or eyes. See below for details and instructions in case of accidental exposure.

Inhalation: Short term exposure – respiratory irritation (move to an area with fresh air)

Skin contact: Short term exposure – skin irritation (wash skin with soap and water)

Eye contact: Short term exposure – irritation (flush eyes with water)

Ingestion: Short term exposure – irritation, sore throat (drink 1 glass of water to dilute the solution)

Substance: Lysis Buffer 1X (diluted from 2X)

This product is made in our laboratory. If there are any questions or concerns regarding it, contact us at 1-866-273-2272 during regular business hours or leave us a message after hours.