

Genetic Testing

PATIENT GUIDE



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COLLECTION PRECAUTIONS: DO NOT EAT/DRINK/SMOKE 15 MINUTES PRIOR TO TESTING. RINSE MOUTH BEFORE SWABBING. ENSURE THE SPONGE TIP DOES NOT COME IN CONTACT WITH ANY SURFACE PRIOR TO COLLECTION.

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	<p>Open the package and remove collector without touching sponge tip.</p> <p>DO NOT DIP SWAB IN LIQUID YET.</p> <p>Gently rub the inside of your cheek 10 times. If possible, avoid rubbing the teeth.</p>
	<p>Gently repeat rubbing motion on the opposite side of the mouth along the inside of your cheek an additional 10 times.</p>
	<p>Hold the tube upright to prevent the liquid inside the tube from spilling.</p> <p>DO NOT DUMP LIQUID OUT.</p> <p>Unscrew the blue cap from the collection tube without touching the sponge.</p>
	<p>Turn the cap upside down, making sure the swab is facing down toward the liquid.</p> <p>MAKE SURE SWAB IS INSIDE TUBE.</p> <p>Screw lid on tightly.</p>
	<p>Make sure the lid is screwed on tightly. Shake the tube for 5 seconds, ensuring liquid covers the swab. Put completed tube inside the plastic specimen bag with orange BIOHAZARD symbol.</p>


PLEASE PROCEED TO NEXT PAGE

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COMPLETE PAGE 1 BEFORE CONTINUING

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STEP 1	Grab a pen. 
STEP 2	Retrieve papers from FedEx envelope.
STEP 3	Sign your name on all yellow highlighted areas. Put the current date on all pink highlighted areas. CHECK ALL PAGES FOR HIGHLIGHTED AREAS.
STEP 4	Retrieve the return envelope from the original FedEx package. (It will be folded in half with a yellow smiley face sticker. 😊)
STEP 5	Place the signed papers inside the return envelope. DO NOT SEAL THE ENVELOPE YET.
STEP 6	Place the BIOHAZARD bag containing the swab into the return envelope.
STEP 7	Ensure the signed papers and BIOHAZARD bag are inside the return envelope.
STEP 8	Peel away the white strip along the top of the return envelope. Fold the flap down to seal the envelope. Make sure the envelope is completely sealed.

To schedule **FedEx** pickup, CALL **(800) 435-1378**