

Protocol for buccal swab collection

- Prior to collection it is not allowed to eat or drink for 30 minutes (also no chewing gum).
 - Wash and dry hands thoroughly.
 - Repeat steps 1 to 6 for the different parts of the mouth (top right, bottom right, top left, bottom left).
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1. Remove one swab from the sterile package, hold the swab only onto the base of the swab, do not touch the cotton tip.
 2. Swallow before collecting each swab
 3. Open your mouth and brush swab with the cotton tip against the inside of the cheek for 15 seconds. Start with the top right corner.
 4. Use the same force as when brushing your teeth, rotate the swab several times to ensure contact between each side of the swab and the inner side of the cheek.
 5. Place a label around each swab on the end opposite of the cotton tip. Prevent touching the cotton tip.
 6. Place swabs in foam slits.
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- Upon completion for all 4 parts of the mouth, place the cardboard with the swabs back in the pre-addressed envelope, add the request form and seal the envelope with the self-adhesive strip.
 - The envelope can be send by regular mail, a stamp is not needed.
 - If a swab has been falls to the ground, please throw it away.