

How to Collect Your DNA Sample

This guide will walk you through collecting your DNA sample using the provided buccal swabs. For accurate results, please follow these steps carefully.

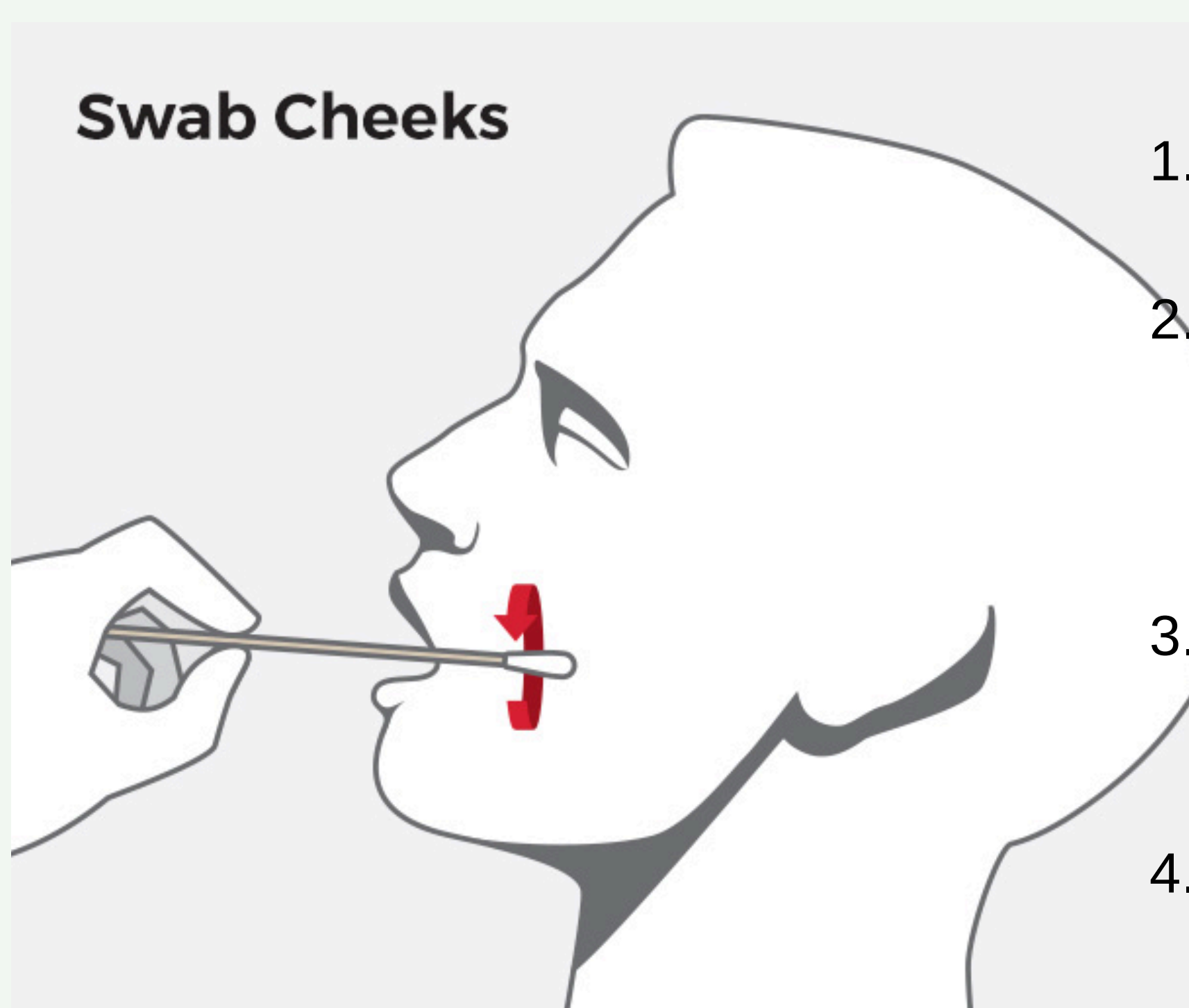
What you'll need:

- Washbasin with clean water
- Paper towel
- This instruction sheet
- DNA Collection Kit containing:
 - Individually packaged sterile swabs
 - Sample collection envelopes (labeled with Name/ID)



Before You Begin:

- Wash your hands thoroughly with soap and warm water for at least 20 seconds. Dry them completely with a clean paper towel.
- Do not eat, drink (except water), smoke, or chew gum for 30 minutes before collecting your sample. These activities can affect the quality of your DNA.



Swab Cheeks

Collecting Your Sample:

1. Open one swab package: Carefully tear open the foil pouch containing a single sterile swab. Do not touch the cotton tip of the swab.
2. Swab the inside of your cheek: Firmly rub the cotton tip of the swab against the inside of one cheek for 10 seconds and about 5 times. Use a rolling motion and move the swab up and down to collect enough cells. Avoid touching your gums or tongue.
3. Place the swab in the envelope: Carefully place both swabs (if required by your kit) into the labeled sample collection envelope. Do not touch the cotton tip of the swab.
4. Seal the envelope: Fold the top of the envelope and seal it securely.

Congratulations! You have successfully collected your DNA sample.

Next Steps:

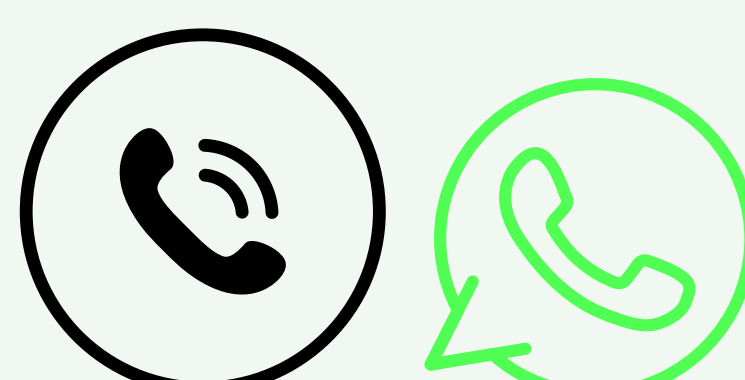
1. Complete any required consent forms.
2. Attach a copy of identification document (ID or passport)
3. Package and return your sample: Make sure to use a carton box (a normal envelope is not enough) to protect the sample during transportation.
4. Send the sample via G4S or another courier agreed upon

Important Tips:

- Do not reuse swabs.
- Do not touch the cotton tip of the swab.
- Let the swabs air dry completely before sealing the envelope.
- Do not bend or break the swab.

Having Trouble?

Contact Us:



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