



□ Buccal Swab Instructions

1. Brush your teeth as you usually do (if brushing is not possible, gargle thoroughly with water) and wait about 20 - 30 minutes. Do not eat or drink anything other than water during this time.
2. Open the specimen bag; take out the buccal swabs and tubes. Open packaging at the handle end and carefully remove swab. **DO NOT TOUCH the collection pad of swab.**
3. Swab the inside of both cheeks and under gums with swab in a firm, circular motion for 30 seconds.
4. Place the swab head first into tube and carefully break the shaft of the swab at the lowest break point to allow proper fit in the tube.
5. Close the tube completely.
6. If the requisition and tube do not have a number; please write patient's initials and date of birth on the tube.
7. Put the tube back into the specimen bag.
8. Push the air out of the bag before sealing it.
9. Please **fill out our requisition form completely** and place it back in the outside pouch of the specimen bag. The specimens may be transported at *room temperature*.