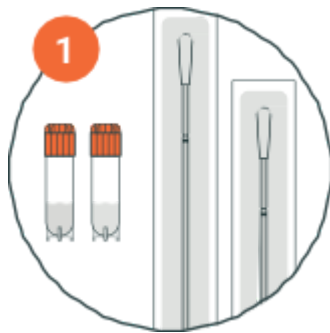


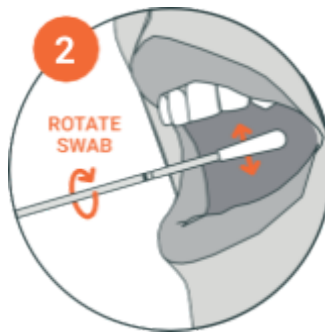
Before you swab

- You must drop off your completed sample at a USPS location or mailbox **within 48 hours of collection**.
- **Do not brush your teeth or use mouthwash right before swabbing.** If you wear dentures or partials, remove them and rinse your mouth to clear any adhesive.
- **Rinse your mouth thoroughly with plain water for 30 seconds.** If you've had food, sugary drinks, dairy, meat, or tobacco in the past hour, rinse for a full minute.

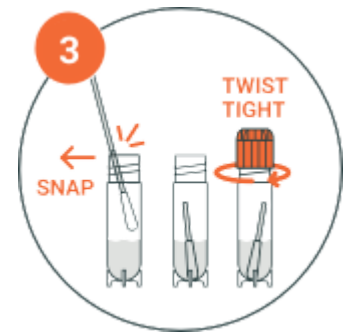
Swab Instructions



Place the unopened swabs and vials on a clean, flat surface. Verify that the kit number on your two vials match each other.



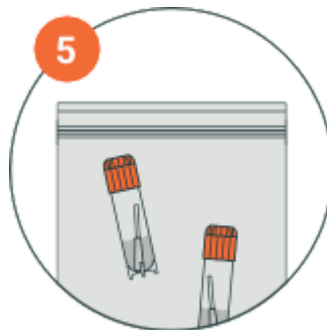
Remove 1 swab from its package, and firmly scrape the inside of 1 cheek, while rotating the swab, for 45 seconds.



Open 1 vial, insert the swab (swab tip down), align the black line on the swab with the edge of the vial, and **SNAP** it off with the swab tip remaining in the vial's liquid



On the opposite cheek, repeat steps 2 through 3 using the 2nd swab and vial.



Ensure the orange cap is securely fastened on both vials. Insert both vials into the clear plastic bag, and then seal the bag.



Place the sealed plastic bag in the return envelope we provided. Complete the sample collection form and place it in the return envelope. Seal the envelope.

After you swab

Keep vials at room temperature; avoid heat and direct sunlight.

Drop off your completed sample at a USPS location or mailbox within 48 hours of providing your sample.

Need help or have questions? Contact us at support@arboretumclinical.com