

Thank you for choosing Health By Genetics. The following instructions explain the simple process for taking a sample of your DNA from cells on the inside of your cheek. It is an easy and simple process that will provide a wealth of information to you and your providers. Please follow the instructions and contact us if you have any problems.

***Do not eat or drink** 10 minutes before collection.

***Avoid** smoking or chewing tobacco for at least 30 minutes. Rinse mouth with water 10 minutes before collection.

***Avoid** touching the collection-end of the swab with your fingertips.

Collection Steps:

1. Uncap the top of the small vial, **be careful not to spill the contents**. Stand the vial up on a table or countertop.
2. Peel the stick end of the Swab Package open and remove the swab. **Do Not touch the cotton tip with your fingers**.
3. Vigorously rub and roll the swab on the inside of **EACH** cheek for 30 seconds. The objective is to gather cells from your cheek. You should use enough pressure during the swabbing action that it pushes your cheek outward.
4. When done doing this to both cheeks, place the cotton swab tip into the vial. There is a **Black Line** indicating a breakpoint, just above the cotton tip. With the swab tip down in the vial, bend the swab stick and break it off, leaving the cotton tip in the vial.
5. With the Swab tip in the vial, tightly recap the vial.
6. Fill out the include label with name and date of birth (DOB) and attach to the vial.
7. Review or complete the requisition form.
 - a. Include medication list, vitamins, supplements, and over-the counter medications.
 - b. Please ensure that the form is signed by a direct care provider and the patient or patient's guardian.**
8. Place the sealed tube **and the completed requisition** form in the postage paid envelope.
9. **Remove the silver covering strip and seal the envelope. Drop the envelope in any FedEx drop box or call FedEx to schedule a pick-up (FedEx)**
10. In 7 to 14 days, your personal pharmacist will contact you to set up a 1:1 or virtual meeting to review your results.



Please call, text, or email if you have any questions about conducting the cheek swab.