

**Kit Contents:**

- iSWAB vial
- 4 swabs
- Plastic “biohazard” bag with absorbent pad\*
- Extra barcode label (for lab use only)
- “Exempt Human Specimen” label\*
- The outer box will be used to mail back the sample

Not included in rack format

\* Item may not be included in certain countries.

For research use only. Not for use in diagnostic procedures.

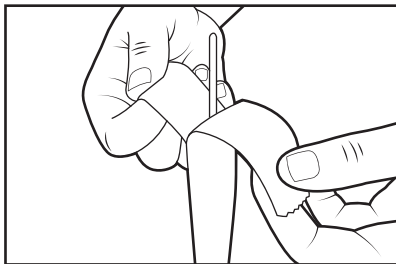


**Read ALL steps before collecting samples!**

**Important:**

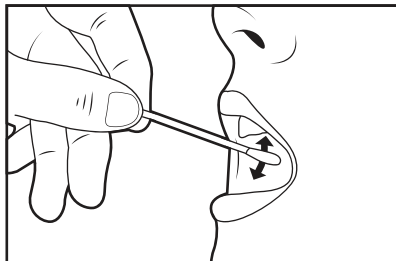
- Do not eat, drink, or smoke for 30 minutes prior to using the kit
- Do not touch swab tips or allow contact with any other object
- You will be using ALL 4 included swabs

1



Place vial standing up on flat surface. Peel open bags containing swabs and remove a swab. Unscrew vial cap.

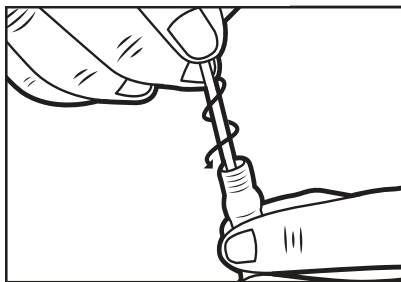
2



Rub swab tip firmly against the inside of your cheek 15-20 times, using light pressure similar to brushing your teeth.

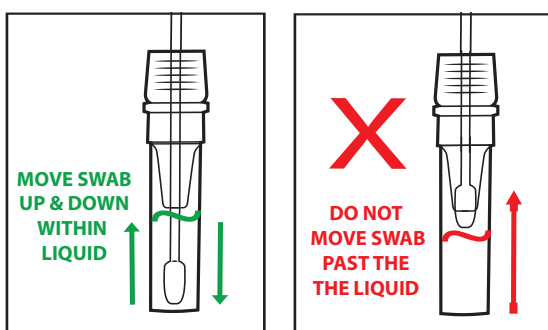
- Rotate swab tip as you are rubbing.
- Cover entire cheek from top to bottom and side to side.

3



Pick up vial and hold steady in one hand. Slowly twist swab into iSWAB vial with a corkscrew motion. There will be resistance, but push swab all the way to the bottom of tube.

4



Hold vial steady and move swab up and down rapidly inside the tube 10-15 times without moving the swab out of the liquid.

**Kit Contents:**

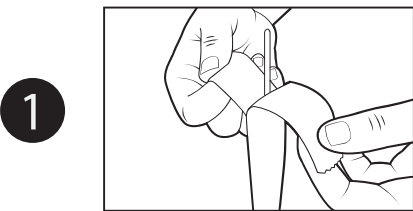
- iSWAB vial
  - 2 swabs
  - Plastic "biohazard" bag with absorbent pad\*
  - Extra barcode label (for lab use only)
  - "Exempt Human Specimen" label\*
  - The outer box will be used to mail back the sample
- ] *Not included in rack format*

\* Item may not be included in certain countries.  
*For research use only. Not for use in diagnostic procedures.*

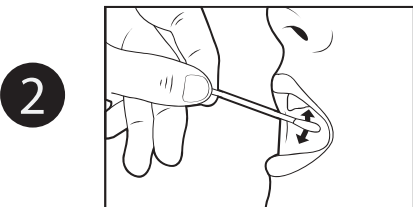
**STOP** Read ALL steps before collecting samples!

**Important:**

- Do not eat, drink, or smoke for 30 minutes prior to using the kit
- Do not touch swab tips or allow contact with any other object
- You will be using ALL 2 included swabs

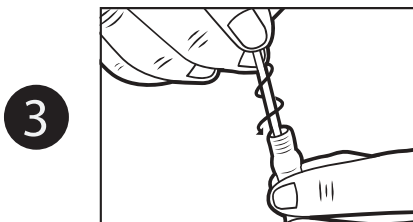


1 Place vial standing up on flat surface. Peel open bags containing swabs and remove a swab. Unscrew vial cap.

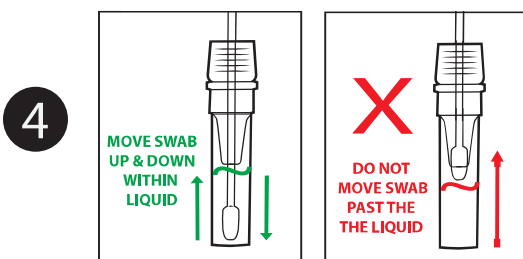


2 Rub swab tip firmly against the inside of your cheek 15-20 times, using light pressure similar to brushing your teeth.

- a. Rotate swab tip as you are rubbing.
- b. Cover entire cheek from top to bottom and side to side.

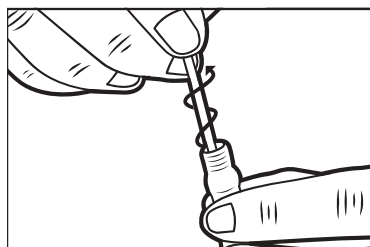


3 Pick up vial and hold steady in one hand. Slowly twist swab into iSWAB vial with a corkscrew motion. There will be resistance, but push swab all the way to the bottom of tube.



4 Hold vial steady and move swab up and down rapidly inside the tube 10-15 times without moving the swab out of the liquid.

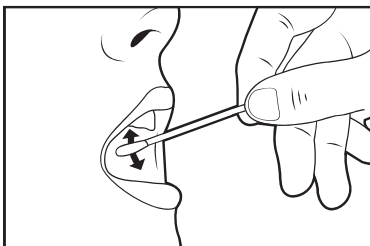
5



At this point remove and discard the swab. Hold vial firmly and remove swab by slowly twisting out with a corkscrew motion.

**DO NOT PLACE SWABS IN THE BIOHAZARD BAG.**

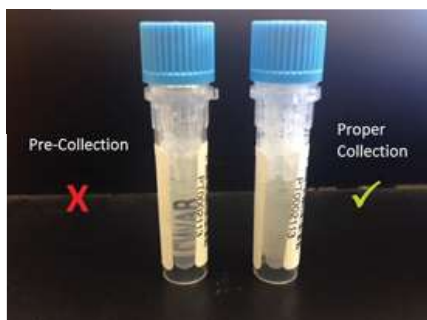
6



Repeat steps 2-5 with all 2 included swabs in the kit. Alternating between the left and right side of the cheeks.

**MAKE SURE BOTH SWABS ARE USED.**

7



**STOP**

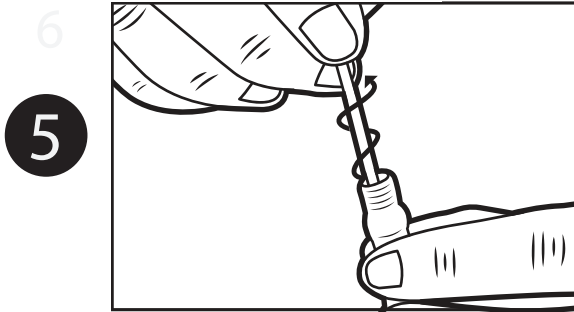
After using both swabs, inspect the solution through the opening between the label. If done properly, the word "SWAB" should disappear.

If you can still read the word "SWAB": Repeat swabbing process after 2 hrs or the next day in the morning before eating or brushing your teeth using Q-tips® swabs, or any standard cotton swabs. Usually one extra swab for re-swabbing might be sufficient, but make sure the word "SWAB" is not visible before sending sample back to the lab.

**For lab or onsite collection: Proceed with sample processing or storage.**

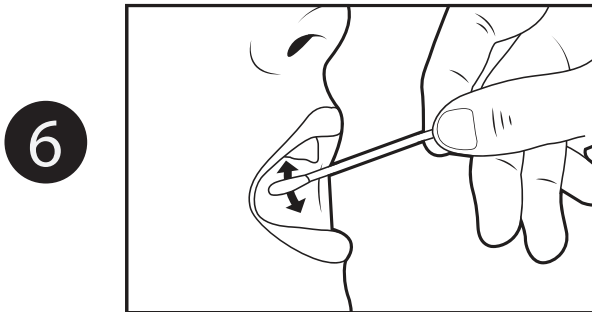
**For home collection: Continue with steps 8-11.**

- 8 Replace cap tightly and place vial in Biohazard bag. The extra barcode label is for lab use only. Place Biohazard bag with vial and extra barcode label back in the box.
- 9 Place a return address label on top of the box over the original label, and return postage on the upper right corner.
- 10 Place the "Exempt Human Specimen" label on the bottom left, so it is not covering the postage or return address label.
- 11 Peel the tape strip from under the top flap and re-seal the box.



At this point remove and discard the swab. Hold vial firmly and remove swab by slowly twisting out with a corkscrew motion.

**DO NOT PLACE SWABS IN THE BIOHAZARD BAG.**



Repeat steps 2-5 with all 4 included swabs in the kit. Alternating between the left and right side of the cheeks.

**MAKE SURE ALL 4 SWABS ARE USED.**



After using all swabs, inspect the solution through the opening between the label. If the collection has been done properly, the word **“SWAB”** should disappear.

If you can still read the word “SWAB”: Repeat swabbing process after 2 hrs or the next day in the morning before eating or brushing your teeth using Q-tips® swabs, or any standard cotton swabs. Usually 1-2 extra swabs for re-swabbing might be sufficient, but make sure the word “SWAB” is not visible before sending the sample back to the lab.

**For lab or onsite collection: Proceed with sample processing or storage.**  
**For home collection: Continue with steps 8-11.**

- 8 Replace cap tightly and place vial in Biohazard bag. The extra barcode label is for lab use only. Place Biohazard bag with vial and extra barcode label back in the box.
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