

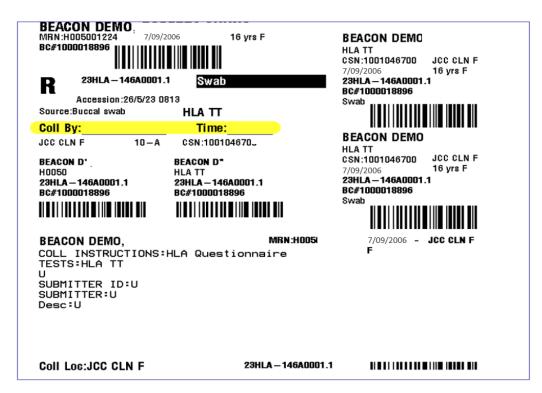
Cheek (Buccal) Swab DNA Collection Instructions

Before You Start

1. Ensure that you have received a kit containing 1 label and 2 collection swabs (see FLOQ Swab below).



2. Write the date that you are completing the swabs on the label in the label section highlighted below. Verify the label states your correct name and date of birth.





Note: Collect your DNA samples at least 1 hour after eating, drinking or brushing your teeth. Carefully follow steps 1-9:

- 1. Wash your hands thoroughly, open the package, and remove the plastic tube.
- 2. To facilitate the opening of the tube cap, hold the swab by the plastic tube with one hand and with your thumb press the top of the white cap.
- 3. Holding the swab by the grip (white cap), remove the swab from the plastic tube and place the tube on a clean surface.
- 4. Collect the sample by scraping the tip of the swab against the inside of your cheek vigorously for 30 seconds. During sampling, the swab end (tip) shall only come in contact with the inside of your cheek to reduce contamination.
- 5. Once you have taken the sample, put the swab back into the plastic tube and securely close it.
- 6. Label the collected sample with one of the label stickers provided as shown in photo.
- 7. Repeat steps 2-7 for the other swab on the alternate cheek.
- 8. Place both labelled swab packages in biohazard specimen bag provided.
- 9. Place in return package provided and mail back.

If you have any questions please call 905-387-9495
Follow prompts for Hematology
Ask for Stem Cell Coordinators