

Preparation



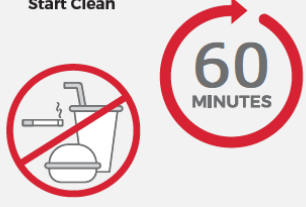
Online Kit Registration

Register online if you have not already done so.

<https://4uhealth.com/register>

Prior to Sample Collection

Start Clean



Take your DNA sample at least 1 hour after eating, drinking or cleaning your teeth.

For best results, immediately prior to collecting your sample, rinse mouth with water for 5 seconds and spit out.

Wash hands for 30 seconds under warm water then thoroughly dry hands. Proceed to sample collection, step 1.

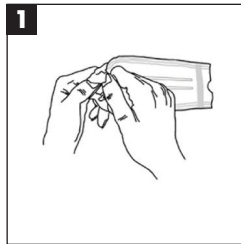


Swab Collection Tips

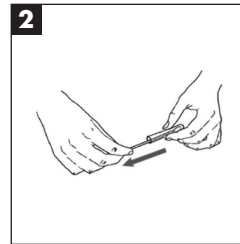
See Step 3: Time yourself - **rub for at least 1 minute.** Ideally rub for 20 seconds firmly against the inside of your cheek, 20 seconds underneath lower lip and 20 seconds underneath upper lip. **IMPORTANT: Use reasonable, firm and solid pressure.**

Wash hands for 60 seconds under warm water. Warming your hands before collection can increase blood flow to your fingers and make specimen collection easier.

Specimen Collection Instructions



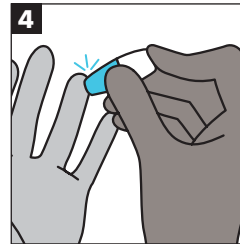
Pull open the package from one end.



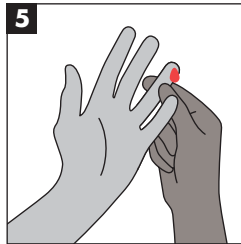
Remove the swab from the tube, taking care not to touch the white swab head with your fingers.



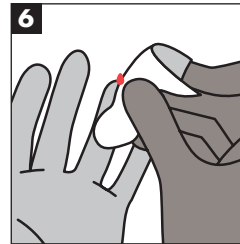
Insert swab into mouth & rub firmly against the inside of your cheek or underneath lower and upper lip. **See tips!**



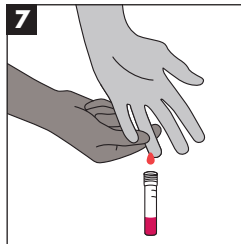
Press down firmly until an audible click is heard.



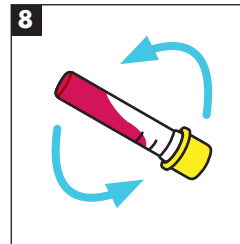
Gently press the pricked finger from below the puncture site to allow for a large drop of blood to form.



Wipe away the first drop of blood with the gauze.

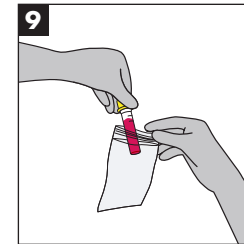


Keep the finger in a downward position and gently massage it to maintain blood flow. Fill Microtainer® to 600 microliters (mcl) level.



Cap the Microtainer® and gently invert it 10 times.

Specimen Collection Instructions Cont.



Fill in your name, date of birth and collection date on the biohazard bag. Place Microtainer into the small resealable biohazard bag with the absorbent pad.

Shipping

Use the shipping supplies provided to return your sample.

- 1) Take special attention to close the Microtainer tube properly to avoid leaking during shipping. Push the yellow cap onto the tube until you hear an audible click.
- 2) Place the tube in the provided biohazard bag.
- 3) Place biohazard bag into the 4U Health shipping box. Insert box into the shipping bag, seal bag, then label bag with return shipping label.
- 4) Drop in the nearest mailbox or deliver to your favorite post office.



Once specimen collection is completed, apply the provided bandage to the puncture site.