

DNA Consulta

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Taking oral swabs

It is advised not to eat or drink for at least a quarter of a hour before an oral sample is taken

Step 1

Inside each envelope is a set of swabs.

Each person has to use two swabs found in each envelope.

Step 2

Fill out the submission form as well as the details on the outside of the envelope making sure everything is filled in clearly and correctly.

Please use block capitals.

Step 3:

Remove the swabs from the packaging individually.

Two swabs for each person are provided.

Never touch the cotton end of the swab at anytime or with anything.

Step 4:

Brush the cotton end of the swab along the inside of your cheek, under your tongue and behind your lips as well.

Do this for about **10 – 15 seconds** for each person.

Do this twice with both of the swabs for each person.

Step 5:

Before placing the swab back in the labelled envelope allow the swab a **MINIMUM of 30 minutes** to dry.

Place the swab somewhere so that the end of the swab is not touching anything else. When dry place the swabs back in the envelope.

Never touch the cotton end of the swab at anytime, even to check if it is dry.

Step 6:

Place the envelopes into the larger envelope with your submission form and send back to [DNA Consulta](#) for processing. Please remember to affix a postage stamp.

The address is given at the top of this sheet.