

How to use the DNA Sampling Kit



PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE TAKING THE SAMPLE(S)

Your kit contains a swab, a collection card, and a Sample Declaration Form for each person being tested. The swab is used to collect cells and DNA by rubbing it inside the mouth. The cells and DNA are then transferred (by pressing) onto the labelled collection card, which absorbs and protects the DNA. The collection card is then returned to Cellmark for testing and the swab should be thrown away.

- Do not eat anything for at least 30 minutes before taking a sample.
- Take one sample at a time to avoid a mix-up.
- Do not touch the swab head or the pink paper with your fingers.
- Do not place the swab back into the Donor's mouth after contact with the pink paper.

1 COMPLETE THE SAMPLE DECLARATION FORM

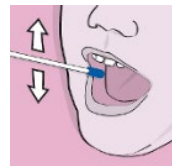
Please complete in full using a ball-point pen.
Please note we cannot proceed without consent.

2 COMPLETE THE COLLECTION CARD

Write the **name** and **date of birth** of the Donor where indicated using a ball-point pen.

3 SWAB FOR TEN SECONDS

Carefully remove the swab from its packaging.
Rub all sides of the swab inside both cheeks and between the lips and teeth.



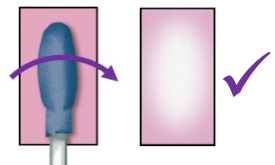
4 PRESS SWAB FIRMLY ONTO THE PINK PAPER FOR FIVE SECONDS

Open the collection card to reveal the pink paper.
Press the swab head onto the pink paper - **do not rub**.



5 TURN SWAB OVER & PRESS FOR A FURTHER FIVE SECONDS

Turn the swab and press in the same place – **do not rub**.
A small section of the pink paper should have turned white.



6 RETURN THE SAMPLES TO US BY POST

Close the collection card and place it back into its small plastic bag, then discard the swab.
Place all collection cards and all Sample Declaration Forms in the pre-paid return envelope.
Seal and post the envelope back to Cellmark.