



# MyOme Buccal (Cheek) Swab Collection Instructions

Store collected saliva samples at room temperature (15–25°C/59–77°F) and ship within one (1) week after collection.

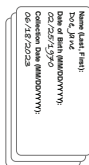
## Step 1. Contents

### Open box. Confirm you have the following items:

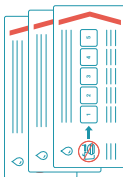
Instructions  
For Use (IFU)



Labels



3 Buccal  
Swab Kits



2 Circle Stickers  
to Close Box



Biohazard Bag  
with Absorbent  
Pad Inside



Bubble Wrap  
Bag



FedEx Bag  
with Pre-Paid  
Shipping Label



If your kit is missing an item and/or you are experiencing difficulties with your kit or buccal swab collection, please contact us at: [clinical@myome.com](mailto:clinical@myome.com). Please include in your email, your name and kit number (KT-#####), which is located at the bottom of the MyOme box.

## Warnings and Precautions

- Read all instructions carefully prior to sample collection; not following instructions may result in inadequate sample and impact DNA yield.
- Choking hazard. Caution should be used when inserting sponge into the mouth.
- If stabilizing liquid comes in contact with eyes or skin, **wash with water**. Do NOT ingest.
- See MSDS at <https://www.dnagenotek.com/us/pdf/PD-MSDS-00021.pdf> buccal kit OCD-100A



Do NOT eat, drink, smoke, or chew gum **30 minutes** before collecting sample.

Flip over for additional  
instructions.



## Step 2. Collection

2a



30 min.

Do NOT eat, drink, smoke, or chew gum 30 minutes before collecting sample. Ensure the sponge tip does NOT come into contact with any surface prior to collection.

2b



Open package and remove collector without touching sponge tip. Place sponge as far back along the lower gums (see close up image) and rub gums 10 times back and forth. Avoid rubbing the teeth.

2c



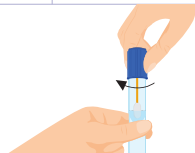
Gently repeat rubbing motion on the opposite side of the mouth along the lower gums for an additional 10 times.

2d



Hold the tube upright to prevent the stabilizing liquid inside the tube from spilling. Unscrew the blue cap from the collection tube without touching the sponge.

2e



Turn the cap upside down, insert the sponge into the tube, and close cap tightly.

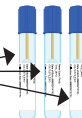
2f



Invert the capped tube and shake vigorously 10 times. Repeat steps 2b to 2f with a new swab kit for a total of 3 buccal samples collected.

2g

Name (Last, First):  
 Last, Jane  
 Date of Birth (MM/DD/YYYY):  
 02/25/1979  
 Collection Date (MM/DD/YYYY):  
 02/18/2023



Confirm, correct, or write-in patient name, date of birth and collection date on all labels. Place completed label on each tube over the existing tube markings.

## Step 3. Packaging and Mailing

3a



Place all 3 tubes into the biohazard bag and seal. Do NOT remove the adsorbent pad from the bag.

3b



Place biohazard bag into the bubble wrap. Place the bubble wrap into the box.

3c



Seal the box with the circle sticker. An extra sticker is provided. Place the box into the pre-labeled FedEx shipping bag.

3d



Drop off the bag at your local FedEx. Or call **FedEx 1.800.463.3339** for pickup. Follow the prompts to schedule a pickup using a label. Give the tracking number on the FedEx label provided.