

Contact us:

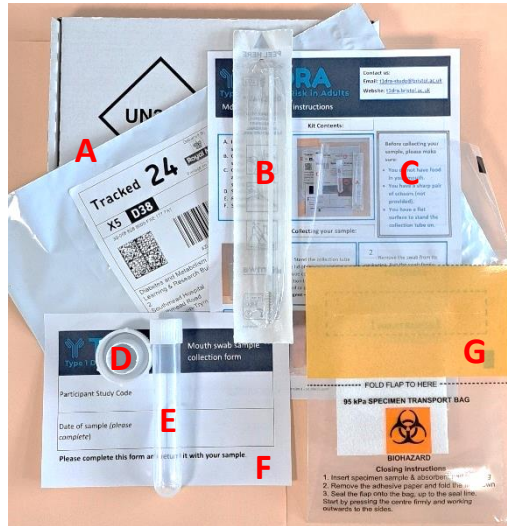
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Mouth swab sample instructions

Kit Contents:

- A. Return packaging
- B. Individually wrapped swab
- C. Instruction sheet
- D. Collection tube stand
- E. Collection tube with sample liquid
- F. Sample return form
- G. Specimen transport bag



Before collecting your sample, please make sure:

- You do not have food in your mouth.
- You have a sharp pair of scissors (not provided).
- You have a flat surface for the collection tube stand.

Collecting your sample:



1 Push the collection tube into the stand provided. The tube contains sample collection liquid, please do not discard or spill (**contains detergent – do not drink**).

2 Remove the swab from its packaging. Rub the swab firmly around the inside of your mouth - along the gums and on the inside of the cheeks. This should be done for approximately **30 - 40 seconds**.

3 Place the used swab into the liquid at the bottom of the collection tube.



4 Using sharp scissors, cut off the excess stick so that the swab will fit into the tube when closed.
Tightly close the lid.



5

Write the date the sample was collected on the sample return form and return with your sample in the postal box.



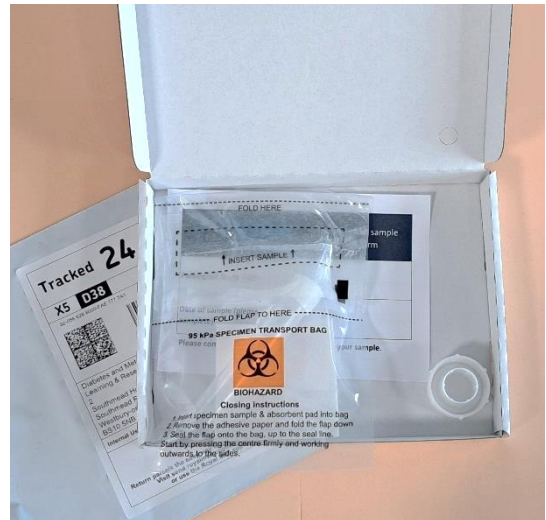
Mouth swab sample collection form

Participant Study Code	
Date of sample (please complete)	

Please complete this form and return it with your sample.

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Place the collection tube in the specimen transport bag and seal shut. Place the bag, sample return form and stand into the postal box and close shut.



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Seal the postal box inside the freepost return plastic envelope. Return your sample in a normal post box as soon as possible.



N.B. Other samples collected at the same time can be returned in the same packaging.

Thank you very much for your help with the T1DRA study.

