

Preparation



Online Kit Registration

Register online if you have not already done so.

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



Watch Sample Collection Video

Scan QR code to view a DNA swab sample collection video.

https://youtube.com/watch?v=Se3r_8_Z2VY

Prior to Sample Collection

Start Clean



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

For best results, immediately prior to collecting your sample, rinse mouth with water for 2 to 3 seconds and swallow.

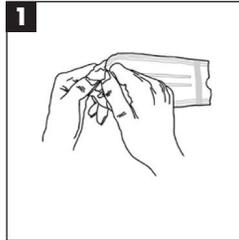
Wash hands for 30 seconds under warm water then thoroughly dry hands. Proceed to sample collection, step 1.



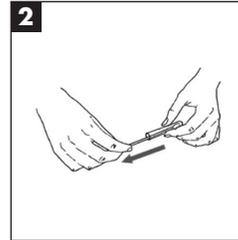
Swab Collection Tips

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.**

Specimen Collection Instructions



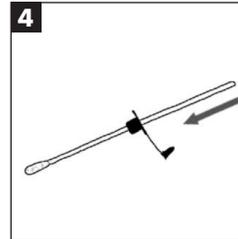
Pull open the package from one end.



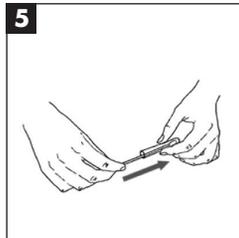
Remove the swab from the tube, taking care not to touch the white swab head with your fingers.



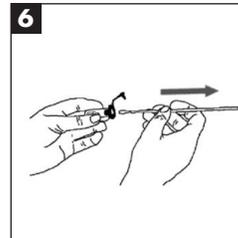
Insert swab into mouth & rub firmly against the inside of your cheeks, underneath lower and upper lips. **See tips!**



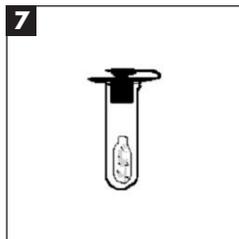
Slide the plastic cap over the swab handle with the flat side of the cap facing upwards.



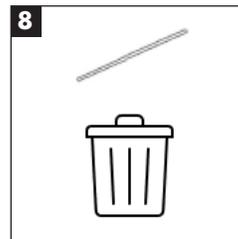
Insert the swab into the clear plastic tube and push the cap into place flush with the top of the tube. You will hear an audible click.



Next, hold the cap while pulling the swab handle outwards to release the swab material into the tube.

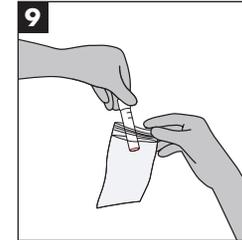


Push the stopper fully into the cap ensuring the stopper is flush with the cap. The tube is now completely sealed.



Discard green plastic swab stick in the trash.

Specimen Collection Instructions Cont.



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

Shipping

Use the shipping supplies provided to return your sample.

- 1) Place the tube in the provided biohazard bag.
- 2) Place biohazard bag into the 4U Health shipping box.
- 3) Insert 4U Health shipping 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.

Support

Have questions, no worries we're here to help!

E-mail 4U Health Support: help@4uhealth.com

