



INSTRUCTIONS TO PREPARE BUCCAL SWAB SAMPLES FOR MITOSWAB™ TEST

(Please read in full before performing swab)

Included in the Kit:

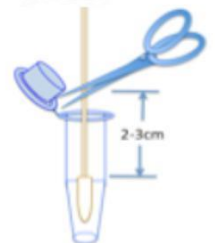
- 4 – Individually wrapped swabs
- 4 – Small conical tubes (microfuge tubes)
- 2 – Ice packs
- 1 – Silver Line Insulated Self-seal Package
- 1 – Plastic “BIOHAZARD” Specimen Pouch
- 1 – Absorbent Material
- 1 – Instruction sheet
- 1 – MITOSWAB™ Lab Order Form
- 1 – Fed Ex padded envelop
- 1 – Fed Ex return label (billable stamp)

Also needed, but NOT included in the kit:

- Fine-Tip Pointed Permanent Marker e.g. Sharpie (Black or Red preferred)
- General purpose scissor

Cell Sample Collection and Shipping Instructions:

1. Freeze the ice packs contained in the kit, ensuring that they are frozen flat.
2. Clean your mouth by gently rinsing with plain, normal water. Make sure there are no food particles or candy colors inside the mouth. Wait 30 minutes if you have brushed your teeth.
3. Label the four tubes with your first name, collection date and number them 1,2,3,4.
4. Carefully peel open one of the four swab packages. **Do not touch the tip (foam like part) of the swab.** (Illustration A).
5. Firmly hold the swab against the inside of one cheek and gently rub the swab against the cheek with mouth open for 30-40 seconds. (Illustration B).
6. Place completed sample into a microfuge tube with the swab touching the bottom of the tube. Cut the remaining stem of the swab with a general-purpose scissor about 2-3cm (1 inch) from the tip and seal the cap of microfuge tube tightly with swab sample inside. (Illustration C).
7. Using second of four swabs, repeat steps 4-6 on opposite cheek.
8. Using third and fourth swabs repeat steps 4-6 again on each cheek (2 swabs of each cheek).
9. To package, place all four sealed microfuge tubes containing the swab samples between the frozen (overnight, solid) ice packs and place in the Specimen Pouch. **Make sure the 4 tubes are sandwiched between the 2 ice packs.** Place Absorbent Material around ice packs and seal the Specimen Pouch and place it in the freezer until you are ready to ship.
10. To ship, place the **COMPLETED MITOSWAB™** Lab Order Form into the side pouch of the Specimen Pouch, and place the Specimen Pouch into the Silver Line Insulated Package and seal it closed. Place the sealed Silver Line Insulated Package inside Fed Ex padded envelop and seal envelope. Adhere return label (billable stamp) to the outside of the sealed Fed Ex padded envelop in the designated area. Remove “your copy” of the FedEx Airbill, and drop off completed FedEx package to a FedEx location.



If you have any questions please call 484-534-9311, email info@mitoswab.com.



5110 Campus Drive Suite #120
Plymouth Meeting, PA 19642

T: 484 534 9311 | E: info@mitoswab.com | <http://mitoswab.com/>