

**DOMESTIC MitoSwab™ Sample Preparation**  
(Please read in full before performing swab)



**1 Included in the Kit:**

4—individually wrapped swabs

4—small conical tubes (microfuge tubes)

1—Plastic biohazard bag

1—UPS/FedEx return label

1—Instruction Sheet (This Paper)

1—Laboratory order form (TRF)

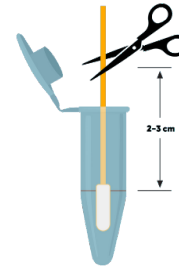
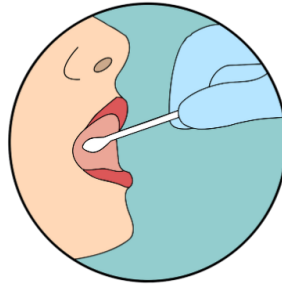
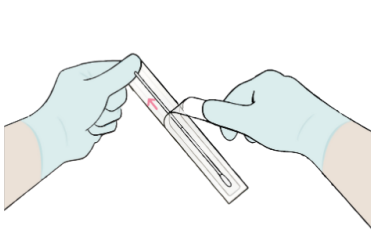
4—Ice packs

2—(1) Silver insulated envelope; (1) padded envelope

**2 Also needed, but NOT included in the kit:**

—Ultra/Fine-Tip Pointed Permanent Marker e.g., Sharpie (Black or Red preferred)

—General purpose scissors



Scan for Instructional Video



### 3 Sample Collection and Shipping Instructions:

#### BEFORE sample collection

1. Shipping requirements:
  - Speak with a local FedEx representative to schedule same-day shipping.
  - The return label included with your test kit is for **overnight** delivery to our lab – confirm transit time when dropping off.
    - A late drop-off will cause a delay in shipment and result in sample rejection. (Example: Dropping off after 3:00pm EST will result in a \$50 additional fee).
2. Preparation:
  - Clean your mouth; gently rinsing with **ONLY** water.
  - Please **DO NOT** eat or have candy/mints/mouthwash within 30 minutes prior to collecting sample.
  - Please **DO NOT** brush teeth within 30 minutes prior to collecting samples.
3. Label the four tubes:
  - Using a fine tip sharpie, write name and date of birth of patient directly on the tube. Let dry. If the name is too long, write first initial and last name.
  - On the cap of the tube, number tubes in sequence (1, 2, 3, & 4)
  - **Carefully peel open one of the four swab packages. Do not touch the foam tip of the swab.**

#### DURING sample collection

1. First swab
  - 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.
  - 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 1 inch from the tip and seal the cap of the microfuge tube tightly with swab sample inside.
2. Second swab
  - Repeat the steps listed above for the first swab but on the **OPPOSITE** cheek.
3. Third and Fourth swabs
  - Repeat the steps listed above, alternating cheeks between swabs (You will use **TWO swabs per cheek** in total).

#### AFTER sample collection

1. To package, place all four sealed microfuge tubes containing the swab samples between the frozen ice packs and place in the biohazard bag.
  - Place the biohazard bag in the Silver insulated envelope.
  - Make sure all 4 tubes are sandwiched between the 4 ice packs and close the Silver insulated envelope.
2. The sample should be packaged and shipped immediately, otherwise, place the microfuge tubes containing the samples in the Biohazard bag and store in freezer.
  - Do not leave in freezer for more than 48 hours.

**Sample shipment - Monday to Thursday ONLY**

**DO NOT ship the day before a Holiday**

**DO NOT ship from Walgreens**

**If the sample is rejected due to any of the above, a \$50 re-shipping fee will be invoiced**

**MitoSwab™ reporting takes 4-5 weeks from the date the sample is received**

If you have any questions, please call 484-534-9311 or email [support@mitoswab.com](mailto:support@mitoswab.com)  
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