



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)
- 3 – Ice packs
- 1 – Plastic Bag with orange/ red biohazard sign
- 1 – Silver Line insulated envelope
- 1 – Instruction sheet
- 1 – Laboratory order form
- 1 – Fed Ex padded envelope
- 1 – Fed Ex return label (billable stamp)

**Please ship samples only between  
Monday through Thursday  
(DO NOT ship day before Holiday)**

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

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

Sample Collection and Shipping Instructions:

1. **Freeze the ice packs** contained in the kit, ensuring that they are frozen flat (**Minimum 24 hrs**) and kept in freezer until samples are ready to pack.
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 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 4-8 on opposite cheek.
8. Using third and fourth swabs repeat steps 4-9 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 it in biohazard bag and place the biohazard bag in the Silver Line envelope. Make sure the 4 tubes are sandwiched between the 3 ice packs. Close the Silver Line envelope.
10. To ship, place the silver lined envelope into the padded 'FedEx Pak'. Place completed MITOSWAB™ Lab Order form with Silver Line envelope. Seal padded pack and adhere return label (billable stamp) to the outside of the sealed Fed Ex padded envelope. Drop off completed package to a FedEx location.



**If you decide to ship package later then place it in the freezer until you are ready to ship. Ideally Ship it as soon as you can and use FED EX LOCATION instead of Box on the road.**

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



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