

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



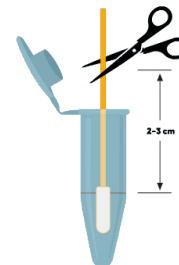
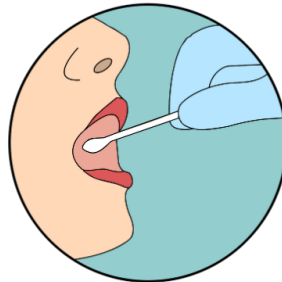
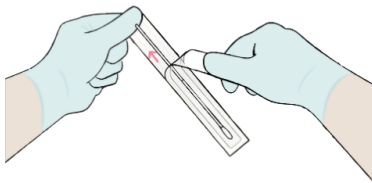
1 Included in the Kit:

- 4—Individually wrapped swabs
- 4—Small conical tubes (microfuge tubes)
- 1—Plastic biohazard bag
- 4—Gel Ice Packs (must return with sample)

- 1—Instruction Sheet (This Paper)
- 1—Laboratory order form (TRF)
- 3—Commercial Invoices (Needed for Customs)
- 1—Return Label & Pouch (For Commercial Invoice)

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:
 - Please check with your local courier office about transit times and follow the appropriate option below
 - Shipments coming from **Southeastern Canada** can typically utilize the gel ice packs provided with the test kit to be received within **1 day (overnight shipping)**.
 - **IF next day delivery is not possible** or higher weather temperatures are present, it is recommended to utilize dry ice and a Styrofoam container to ensure the sample remains viable.
 - Speak with your local courier to arrange a **minimum of 10 lbs** of dry ice, if needed for longer transit times/higher temperatures.
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, last name, and DOB.
 - 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 in the biohazard bag with **frozen** gel ice packs.
 - If you are using **dry ice**, fill the Styrofoam container halfway with dry ice, place the biohazard bag on the dry ice, and then fill with the remaining dry ice.
 - Minimum 10 lbs dry ice recommended
2. If you are not able to ship immediately, place the microfuge tubes containing the samples in the Biohazard bag and store in freezer until you are ready to ship.
 - Do not leave in freezer for more than 48 hours.
3. Place the **commercial invoice OUTSIDE of the package in plastic FedEx pouch** – it should be accessible to the customs agent.

Sample shipment – ensure sample will be received at the lab between Monday-Friday

DO NOT ship before a US Holiday

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
5110 Campus Drive Suite #120, Plymouth Meeting, PA 19642