



Buccal Swab Collection Instructions

1. Please fill out all sections of the provided requisition form.
2. Rinse your mouth with cold water before you begin collecting your sample and then swallow to remove excess saliva.
3. Open one swab at a time and collect the sample by rubbing the swab on the inside of your cheek about 20 times or for 15-20 seconds in a circular motion. Swab firmly so that the cheek is pushed outward.
4. Dry the swabs by shaking the swabs in the air for 10 seconds.
5. Place the dried swab back in their original sleeve.
6. Use the other cheek for the next swab. Repeat the same process for the rest of swabs. Collect a total of 3 swabs.
7. Place the swab sleeves containing the dry swabs and Requisition Form in the provided paper envelope. Do not place the swabs in a plastic bag.
8. Label the envelope with your name and date of sample collection.
9. Ship the test kit back to the Kashi Clinical Laboratories, in the pre-paid envelope provided, as soon as possible:

Kashi Clinical Laboratories
10101 SW Barbur Blvd., Suite 200
Portland, OR 97219

If you have any questions, please don't hesitate to call us at: 800-226-2370