

Oral Rinse Sample Collection and Shipping Instructions:

1. Allow 30 minutes after eating or drinking before collecting the specimen; this includes gum, chewing tobacco, mints, lozenges or other hard candies.
2. Remove the lid from the 50 milliliter (50mL) tube. Place opened tube in the foam stand provided.
3. Open the oral rinse bottle and use ~1/4 of the bottle of oral rinse. You may also use the disposable cup provided for simpler collection.
4. Swish the oral rinse around your mouth including gums and cheeks **vigorously** for 30 seconds. Spit all of the oral rinse (including foam) into the 50mL tube. The vigorous swishing causes lots of foam so it is important that you spit slowly into the tube.
5. Repeat steps 3 and 4 until there is at least enough oral rinse in the tube so that the liquid is up to the '30mL' line. Any foam present must be above the '30mL' line. If there is foam below the '30mL' line, repeat steps 3 and 4 again to add more oral rinse to the tube.
6. Place the lid back on the 50mL tube and close **tightly**. Please ensure that the cap is screwed on **evenly** and **completely** to avoid any leaking.
7. Fill out the provided label with your name and date of birth and place the label on the side of the 50mL tube (only one label is sufficient).
8. Place the tube in the bag with the biohazard symbol and seal.
9. Insert the **completed** Test Requisition Form (genedx.com/forms) into the second pocket in the biohazard bag.
10. Remove FedEx label from shipping box.
11. Place the sealed biohazard bag in the shipping box.
12. Place the box inside the FedEx Clinical Pak and seal.
13. Attach the FedEx label to the package.
14. Call FedEx for pickup or drop at a local FedEx location.

The sample will be rejected if any of the following items are missing.

- Completed test requisition form signed by physician and patient
- Completed payment information
- Specimen tube labeled with patient name and date of birth

To order GeneDx specimen collection kits, email us at zebras@genedx.com or call us at **301-519-2100**.

