Do not eat or drink for at least 30 minutes before collecting the specimens; this includes gum, chewing tobacco, smoking, mints, lozenges or other hard candies.

2 Remove swab without touching the sponge tip. Place the sponge on the upper left or right side of the mouth (on the inside of your cheek) in the space where the upper gums meet the cheek. Scrape along this area in a back and forth motion at least 10 times. Repeat the scraping motion in the middle and lower sides of your cheek. Do not rub the teeth.

3 Hold the tube upright to prevent the stabilizing liquid inside the tube from spilling. Turn the cap upside down, insert the sponge into the tube and close cap tightly. Invert the capped tube and shake vigorously 10 times.

4 Fill out the provided label noting the relationship to the patient. If the sample is from the mother or father, please write “mother” or “father.” Please specify the relationship. Place the label onto the swab tube. The tube must be labeled.
The sample MUST be accompanied by a completed test requisition form (preferred) or a completed sample information card.

**Results for samples submitted without a requisition form or a sample information card will be delayed.**

5. The sample MUST be accompanied by a completed test requisition form (preferred) or a completed sample information card.

6. To ship the sample, place labeled tube, and the absorbent sheet into the biohazard bag and seal it. Insert the completed test requisition form and/or the sample information card into the second pocket in the biohazard bag. Remove the FedEx return label and the FedEx Clinical Pak from the GeneDx box. Put the sealed biohazard bag into the GeneDx box and close it up. Place the box inside the FedEx Clinical Pak and seal the FedEx Pak. Attach the FedEx label to the outside of the sealed FedEx Clinical Pak. Call FedEx for pickup, or drop off at a local FedEx location.