

## Sample collections instructions

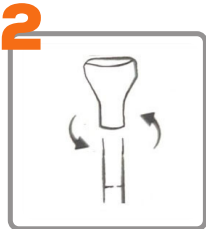
**Very important:** The extraction of DNA in saliva is carried out from the cells of the oral mucosa. **Massaging the cheeks allows them to be detached.**

Before you start, rinse your mouth with water, wait 1-2 minutes. You must not have eaten, drunk, smoked or chewed gum 30 minutes before.

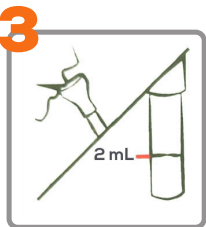
Remove make-up and/or lipstick before taking the sample.



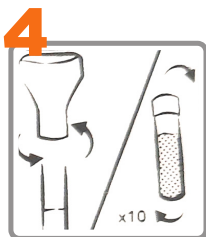
Intensely rub the cheeks against the teeth for 30 seconds.



Unscrew the cap from the tube and keep it.  
Screw the funnel onto the tube.



Deposit saliva into the tube up to the 2ml line.



Separate the funnel from the tube by twisting it.  
Close the saliva tube, using the cap.  
Shake and invert the mixture 10 times.



### Sample shipment:

- Place the tube containing the sample into a padded envelope.
- Insert the informed consent and application form, duly completed, also in the padded envelope.
- Remember to write the SENDER'S details on the padded envelope
- Please send to ADN&SALUD by EUGENOMIC.