

## Sample 2: How to collect the Buccal Swab

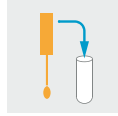
### IMPORTANT NOTE!

Do not touch the swab tip with your hands at any time.



#### Step 1:

Write your name, date of birth and date of collection clearly on the side of the plastic tube. Also note the date of collection on the Personal Information Form.



#### Step 4:

Remove the swab, being careful not to touch the swab tip against teeth, lips, or any other surface, and return the swab to the plastic tube then firmly close the lid.



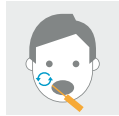
#### Step 2:

Take the plastic tube. Uncap the top by twisting it and take out the swab. Avoid touching the swab tip.



#### Step 5:

Once you have finished collecting, place the plastic tube into the bio-hazard bag and seal. Discard the packet.



#### Step 3:

Firmly rub and rotate the swab along the inside of the left cheek in the mouth for 30 seconds, ensuring that the entire swab tip has made contact with the cheek. You should press firmly enough so that it is mildly uncomfortable. Make sure the swab tip does not touch your teeth or lips. Repeat this process for the right cheek.

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. Preferably within 48 hours of collection. You can ship any day of the week.

### When you are ready to ship

Ensure that you have provided the following information:

- Blood Spot Card: make sure that you have filled out all information on the back of the card.
- Buccal Swab: make sure that you have filled out all information on the side of the swab.
- Personal Information Form: make sure the form is completed.
- Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).

Prepare your shipment:

- Place the resealable plastic bag containing your Blood Spot sample and the bio-hazard bag containing your buccal swab into the supplied box, along with the completed Personal Information Form.
- Place the box in the return shipping bag and ship (see Shipping Instruction).



#### Head Office:

Nygade 6, 3.sal  
1164 Copenhagen K  
Denmark  
Tlf: +45 33 75 10 00

#### South Africa Office:

North Block, Thrupps Centre  
204 Oxford Rd, Illove 2196  
South Africa  
Tel: +27 (0) 11 268 0268

#### UK Office:

11 Old Factory Buildings, Stonegate  
East Sussex, TN5 7DU  
United Kingdom  
Tel: +44 (0)1580 201 687



## Welcome To Your Test Kit

You have chosen to do a DNA Buccal & Blood Spot Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

See how to collect your sample using these links:

[nordicvms.com/dnaENG](https://nordicvms.com/dnaENG)  
[nordicvms.com/bloodENG](https://nordicvms.com/bloodENG)

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

### Buccal Swab Collection Materials

- 1 x Packet which contains a plastic tube with a sterile buccal swab
- 1 x Bio-hazard bag

### Bloodspot Collection Materials:

- 1 x Blood Spot Card
- 2 x Lancets
- 2 x Plasters
- 2 x Alcohol prep pad
- 1 x Desiccant pack
- 1 x Sterile gauze pad
- 1 x Resealable plastic bag

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

## Preparation

### Provide the following information

Personal Information Form: verify that the information on the form is correct and edit if needed.

### Prior to collection

This test requires no special diet prior to collection.

### When to schedule your collection

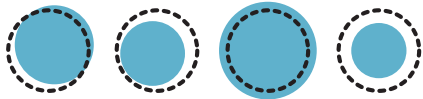
- This kit can be taken on any day of the week.
- The buccal swab sample must be done in the morning before eating, drinking or brushing your teeth.
- The Blood spot sample can be collected any time of the day.

## Collection Procedure

### Sample 1: Tips for a successful blood spot collection

- Do not touch the filter paper area with your hands.
- Collect only when your hands are warm. You can warm your hands by rubbing them together and swinging your arms, or rub your hands under warm water as this encourages blood flow. Moving around will also increase your blood flow, so try moving around before starting your collection.
- You may use a belt or item of clothing as a tourniquet to encourage blood flow. Tie item firmly around the upper portion of the arm that will be used for collection.
- Preferably stand up and keep your hand at waist level during collection, this will encourage blood flow.
- Allow the blood to drop from your finger onto the card, try not to touch the blood onto the circles.
- Collect enough blood so that ALL circles are completely filled.

Acceptable collection card example



Unacceptable collection card example



## Blood Spot Collection



### Step 1:

Write your full name, date and time of collection on the back of the Blood Spot Card. Also note date and time of collection on the Personal Information Form.



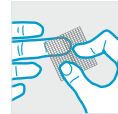
### Step 2:

Before collecting blood, wash and dry your hands with a clean towel and open the sterile gauze pad for later use.



### Step 3:

Position the Blood Spot Card on a suitable surface (below waist level) so that the collection circles are facing upwards.



### Step 4:

Select a finger to draw blood from (middle or ring finger of non-dominant hand is typically best). Open an alcohol pad and use it to wipe finger. Allow finger to dry for at least one minute.



### Step 5:

Pick up the lancet and hold the thick end. Twist the narrow tab at the opposite end and remove. The lancet is now primed.



### Step 6:

Press the now exposed white tip firmly against your fingertip to release the needle. Once the needle is released and has made a small puncture in your finger, it will immediately retract. The lancet is now safe to dispose of. Quickly wipe away the first blood drop with the sterile gauze pad.



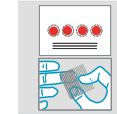
### Step 7:

Using your thumb, gently massage (do not squeeze) the entire length of the pricked finger to form blood drop.



### Step 8:

When the blood is ready to fall, let it drop onto the centre of the circle. Continue collection until ALL circles on the Blood Spot Card have been filled (to fill all the circles you may have to repeat from step 4).



### Step 9:

When you have filled all circles on the Blood Spot Card, blot finger dry with the sterile gauze pad and apply a plaster.



### Step 10:

Allow the Blood Spot Card to dry for a minimum of four hours. Once dry, place the card into the supplied resealable bag. Store in a cool, dry place until ready to ship.