

Instructions for DNA sampling

1. Before starting

Ensure no food or drink 20 minutes prior to sampling.

2. Label the micro card

- Clearly label the Micro card with name and date of birth (illustration A).
- Do **not** touch the pink collection area on the card at any time.

3. Unwrap the mouth swab

- Carefully remove the swab from its packaging, holding it by the designated handle only.
- Avoid touching the swab tip.

4. Collect the DNA sample

- Firmly rub the swab 8–10 times against the inside of one cheek, then repeat on the other cheek, use both sides of the swab (illustration B).
- Try to minimize the amount of saliva collected, as excessive moisture can delay the drying.

5. Apply the sample to the micro card

- Open the flap on the Micro card.
- Press **both sides** of the swab firmly against the pink area within the printed circle (see illustration C).

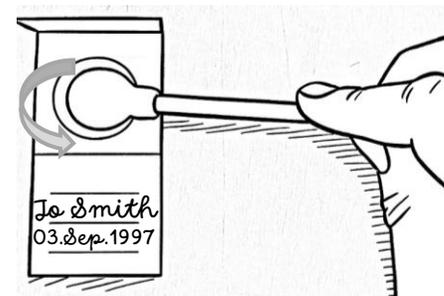
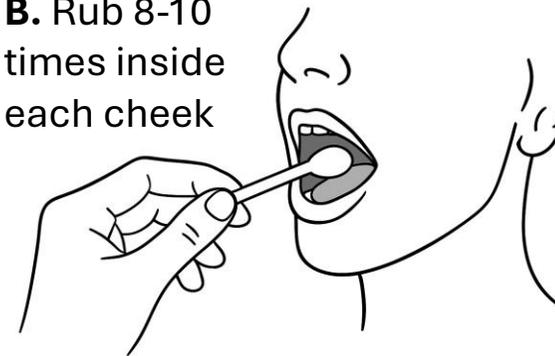
6. Drying and packaging

- Allow the Micro card to air dry ca 5 minutes before closing the flap.
- Once dry, place the card in the small enclosed envelope for transport.



A. Write name and birthdate on card

B. Rub 8-10 times inside each cheek



C. Press both sides of swab firmly to the card