

**APPENDIX B**  
**Cheek Swab Specimen Collection & Mailing Instructions**

1. NOTE: The mouth should be rinsed thoroughly with plain water. Avoid eating or drinking anything or using oral rinses or chewing gum for at least 15 minutes before collection.
2. There is an envelope provided on the last page of this booklet. In the envelope is a plastic bag with the cheek swabs in it.
  - a. Write in the patient's name and date of collection on the label.
  - b. Open the package that has the two cotton-tipped collection sticks.
3. Using one of the two cotton-tipped ends of the swabs provided, rub the cotton end of the swab firmly against the inside of one cheek but on the outside of your teeth, toward the back of your mouth.
  - a. Repeat using the other swab for the other side of your mouth.
  - b. Rub the swab on the inside lining of the cheeks continuously for approximately 10 seconds.
  - c. The pressure on the inside of your cheeks should be about the same as you would use in brushing your teeth.
  - d. The swabs should become moist but not "dripping" with saliva.
4. Place the swabs directly into the plastic bag, cotton-tipped ends first. Seal the bag tightly. (Please discard the paper wrapper the swabs came in).
5. Place the plastic bag along with the removable forms you have filled out back into the envelope and mail back to Simple Health.
  - a. The envelope should contain:
    - i. Cheek Swabs in a plastic baggie, sealed tightly
    - ii. Appendix E - Quality of Life Profile
    - iii. Appendix F - Medical History
6. Dr. Schwengel will get back to you with a summary of findings and recommendations for a treatment program. Please allow up to 7 days for processing.

~ **Thank You!** ~