

Packing your sample for return

- 9 Make a note of your unique barcode number provided on the label



- 10 Package and post your sample

Put the pouch (containing your sample) back inside the original box. Then place it inside the prepaid postage bag provided and return via any Royal Mail postbox. To track your sample's return to our lab, please make a note of the Royal Mail tracking number below so that you can track its journey at www.royalmail.com/track-your-item

Please refer to our website before taking any samples on a bank holiday for up-to-date guidance.

Before returning your sample, complete the important return checklist

Before you return your sample, please ensure the following is done:



- Kit activation is complete
- The RapiDri™ pouch is firmly closed, sealed by your unique barcode label
- The RapiDri™ pouch is placed inside the collection kit outer box
- The collection kit outer box is firmly closed
- You have taken note of your postal tracking number and barcode number
- You are now ready to seal the postal envelope, and post it to our lab

Please fully complete your activation. NOTE: if we do not receive a fully activated and labelled sample, we will not be able to process your test.

Please return your sample to our laboratory (on the same day you have collected your sample) between Monday and Thursday, and post it immediately using a Royal Mail postbox.

If you require assistance, please contact us at care@myhealthchecked.com and a member of our Customer Care Team will be able to help. Please have your barcode and Royal Mail tracking number to hand to enable us to assist you with ease.

Warnings and precautions

- This kit is designed for use by people aged 18 and over only.
- The components of this kit are single use only.
- Do not reuse any item.
- Each person performing a test will require a separate kit.
- Please note samples arriving at the laboratory which show evidence of damage will not be processed.
- This kit does not contain hazardous materials and can be disposed of in a suitable, closed container with general waste.

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All products within this box are CE / UKCA marked where applicable.



DHF-0070



Instructions for use

DNA swab kit for home use



Please note:

When you are ready to collect your sample, it's essential that you activate your test using your unique barcode. This can be done online at www.myhealthchecked.com/activate-kit



WE CAN'T PROCESS YOUR SAMPLE IF IT HASN'T BEEN ACTIVATED.

Scan the QR to activate your kit

Intended use

This cheek swab kit is designed for adults (aged 18 and over) for the collection of a DNA sample to be performed at home, which is then used for laboratory analysis for a variety of tests that involve genetic material. This kit alone is not suitable for screening or diagnosis and is not a substitute for a consultation with a healthcare professional.

You should always seek advice from your doctor before starting any treatment.

Getting your DNA test results

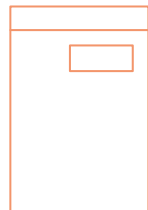
When your sample has been processed, you'll receive an email to say your results are ready. This is usually within **7-10 days** of your sample arriving at our laboratory.

To view your results and download your report, log in to your account at www.myhealthchecked.com and click on the test in question.

Please check that the kit contains all of the items listed below. Do not proceed with the sample collection if any component is missing. Please email care@myhealthchecked.com immediately for a replacement kit.

Please check your kit contains:

- 1 x Isohelix™ Buccal Swab with RapiDri™ pouch
- 1 x Return postage bag with prepaid label
- 1 x Barcode label
- 1 x Instructions for use leaflet



Important notes for swabbing before you start

Collection Monday-Thursday

You must collect your sample in the morning between Monday and Thursday and post it on the same day.

This ensures your sample is not delayed in the post which will impact the stability of your sample and our ability to provide you with test results.

Do not collect your swab sample or place it in the post on a weekend or bank holiday as there will be postal delays.



Food or drink

Traces of food or drink (including tea and coffee) might impair the quality and purity of your sample. Collect your DNA sample at least 1 hour after eating or drinking.



Avoid mouthwash

The use of mouthwash or toothpaste prior to sample collection can also impair your DNA quantity. Please avoid using any non-foodstuffs orally (including brushing your teeth) for 1 hour prior to sample collection.



Rinse mouth

For best results, rinse your mouth with water immediately prior to sampling.



It is essential that you read all of the instructions before beginning your test. If you are unsure or require additional guidance please visit the 'help' page on our website or watch our 'how-to' video by following this link: <https://myhealthchecked.com/help/videos/DNA>

Instructions for use

Please ensure you have read and understood the instructions for use before collecting your sample.

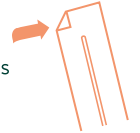
1 Activate your swab

When you are ready to collect your sample, it's essential that you activate your swab using your unique barcode number. This should be done immediately prior to sample collection, and is done online at www.myhealthchecked.com/activate-kit. We can't process your sample if it hasn't been activated.

Collecting your cheek swab sample

2 Open the outer packet

Peel open the outer packet that contains the RapiDri™ pouch.



3 Remove the swab

Carefully remove the swab and the inner RapiDri™ pouch from the outer packet, taking care not to touch the white swab head with your fingers.



4 Discard the outer packet and small label

The outer packet can now be discarded, along with the small barcode label inside the outer packet – this is not required.

5 Rinse mouth

Rinse mouth with water immediately prior to sampling.

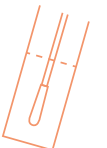
6 Collect sample

Insert the swab into your mouth and rub firmly against the inside of your cheek or underneath lower or upper lips. Rub for 1 minute, using reasonable, firm and solid pressure.



7 Put the swab into the pouch

Carefully place the swab headfirst back into the inner RapiDri™ Pouch, ensuring the head sits within the area marked 'Drying Area'.



8 Seal the pouch

Fold the pouch (containing your sample) at the area marked 'Fold Line' with the clear side inwards. Then use your unique barcode label to seal the pouch closed so we can identify your sample at the lab.

