



### Step 1

Fill out the white specimen envelope with the donor's information. (One person per envelope).



#### Step 2

Using the provided gloves, place the donor's toothbrush (bristles first) into the white specimen envelope then pull the tab off the flap and seal the envelope closed.

To avoid contamination, **DO NOT** touch the toothbrush head or bristles



#### Step 3

Repeat Steps 1 and 2 if there is more than one donor sample being collected.

**NOTE**: We can also accept electric toothbrushes, just send the detachable head, not the whole toothbrush.





# Step 4

Put the white specimen envelope(s) into the larger pre-labelled return shipper.



## Step 5

Take the package to the designated shipping courier, as indicated on the return mailing label, and drop it off.

IMPORTANT: A recently used toothbrush is always best.

Air-dry the toothbrush for 30 minutes. (DO NOT clean the toothbrush before placing it in the white specimen envelope).

Remember to save your tracking number so you can track your package back to the lab.

Ouestions?