



## Step 1

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



### Step 2

Using the provided gloves, collect a **minimum of 5 nail clippings** and place them in the small paper envelope. To avoid contamination, **DO NOT** touch the nail clippings without gloves.



# Step 3

Pull the tab off the flap of the small paper envelope and press to seal.



#### Step 4

Place the small paper envelope with nail clippings back into the white specimen envelope you wrote the donor's information on.





# Step 5

Repeat Steps 1 - 4 if there is more than one donor sample being collected.



### Step 6

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



#### Step 7

Drop the pre-labelled return shipper off at any **FedEx** location.



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

Questions?