



# 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.



· Also · ·

## Step 4

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



#### Step 5

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

MPORTANT: 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.

Questions?