

## How to Collect the Cheek Swab Samples

**NOTE: Do NOT eat, drink, smoke or chew gum for 30 minutes before giving your buccal sample.**

**Please return sample within 7 days. If this is not possible, please e-mail the lab at [GML@ucsf.edu](mailto:GML@ucsf.edu).**

1. Prepare the swabs
  - Use five swabs per patient.
  - Confirm the patient's name and date of birth on the label.
2. Open the swab package
  - Open the swab package at the handle end (Not the brush tip end).
  - Carefully open it about one inch to remove the swab.
  - Do NOT touch the brush tip of the swab.
3. Collect the sample
  - Hold the handle end of the swab.
  - Gently rub the brush tip along the inside of one cheek for about 20 seconds.
  - Press on the outside of the cheek while rotating the swab to collect more cells.
4. Dry the swab
  - Hold the swab still in the air for 10 seconds.
  - Do NOT blow on the swab.
5. Store the swab
  - Carefully place the swab back into the package with the brush tip of the swab going into the closed end.
6. Repeat steps 2-5 (open, collect, dry, store)
  - Use the next swab to collect a sample from the other cheek.
  - Keep switching cheeks for the remaining swabs.
7. Package the swabs
  - Place all swabs in the provided bag.
8. Send the samples
  - For patients who collected outside a UCSF Medical Center,
    - Place bag with swabs inside provided prepaid FedEx return envelope.
    - Drop off envelope at any FedEx location or schedule FedEx pickup.
  - For samples that were collected onsite at a UCSF Medical Center,
    - Include **Attention: GML at Mount Zion** on the package.
    - If at Mission Bay, drop the bag with swabs off in room M2379.
    - If at Parnassus, drop the bag with swabs off in room M576.