

Preparation



Online Kit Registration

Register online if you have not already done so.

<https://4uhealth.com/register>



Watch Sample Collection Video

Scan QR code to view a DNA swab sample collection video.

https://youtube.com/watch?v=Se3r_8_Z2VY

Prior to Sample Collection

Start Clean



Take your DNA sample at least 1 hour after eating, chewing gum, drinking, or cleaning your teeth.

For best results, immediately prior to collecting your sample, rinse your mouth with water for 1 to 2 seconds and swallow.

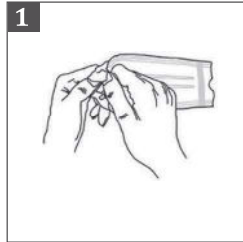
Wash hands for 30 seconds under warm water then thoroughly dry hands. Proceed to sample collection, step 1.



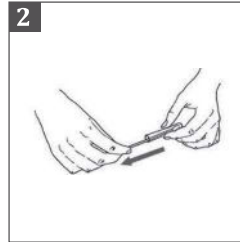
Swab Collection Tips

See Step 3: Time yourself - **rub for at least 1 minute.** Rub firmly against the inside of your right cheek for 10 seconds, then under lower lip for 10 seconds, then inside of left cheek for 10 seconds. Repeat this loop twice for a total collection time of 1 minute. **IMPORTANT: Use reasonable firm and solid pressure.**

Specimen Collection Instructions (Collect Two Swabs)



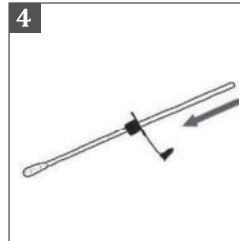
Pull open the package from one end.



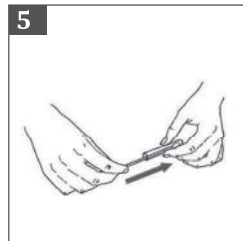
Remove the swab from the tube. Pull from white cap, NOT GREEN STICK. Take care not to touch the white swab head with your fingers.



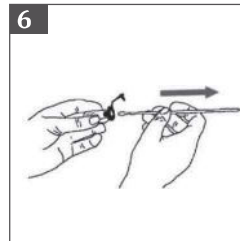
Insert swab into mouth & rub firmly against the inside of your cheeks, underneath lower and upper lips. **See tips!**



Slide the plastic cap over the swab handle with the flat side of the cap facing upwards.



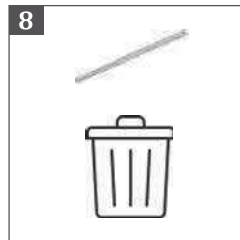
Insert the swab into the clear plastic tube and push the cap into place flush with the top of the tube. You will hear an audible click.



Next, hold the cap while pulling the swab handle outwards to release the swab material into the tube.



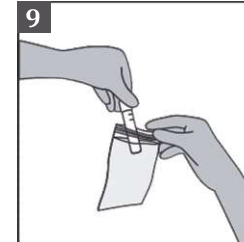
Push the stopper fully into the cap ensuring the stopper is flush with the cap. The tube is now completely sealed.



Discard green plastic swab stick in the trash.

Return to step 1 and collect 2nd swab. After collecting 2nd swab, proceed to step 9.

Specimen Collection Instructions Cont.



Fill in your name, date of birth, collection date and time on the biohazard bag. Place your two (2) DNA collection tubes into the small resealable biohazard bag with the absorbent pad.

Still have questions, no worries, we're here to help!
E-mail 4U Health Support: help@4uhealth.com

Shipping

Mail samples same day as collected

1. Place the tightly closed urine tube in the provided biohazard bag.
2. Place biohazard bag back into the 4U Health shipping box. If your STD Kit came with more than one specimen type, please collect your blood and/or swab samples.
3. Once all your specimens are in the 4U Health shipping box, close and insert box into the shipping bag, seal bag, then label bag with return shipping label.
4. **Returning By USPS**
If your return label says USPS, drop in the nearest mailbox or deliver to your favorite post office.

Returning By FedEx

If you purchased expedited shipping with FedEx, drop off at the nearest FedEx dropbox Monday thru Friday: <https://www.fedex.com/en-us/shipping/dropbox.html>

If shipping on a Saturday, we recommend you visit a FedEx Office location. **Verify your drop-off location offers Saturday service:** <https://local.fedex.com/en-us>

