

## GETTING READY

### Check list

Check you have everything you need by ticking the check boxes below.

1 x Register your Kit QR code

1 x Packaged DNA swab

1 x Prepaid returns envelope

1 x Barcode sticker

## SAMPLE COLLECTION

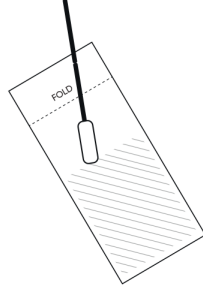
### Collect & seal

When you are ready to collect your sample, remove the swab from the RapiDri pouch using the plastic handle and follow the steps below.

Please wait at least one hour after drinking or eating anything (besides water) to take your sample.

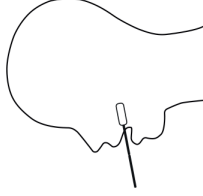
01

Open the RapiDri pouch and take out the swab by the plastic end.



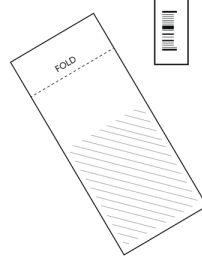
02

Rub swab firmly on inside of cheeks for 1 min.



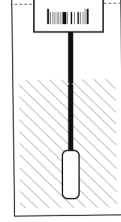
03

Place swab in RapiDri pouch so that the end is inside the drying area.



04

Fold over the top of the pouch and seal using your unique barcode ID sticker, ensuring that the barcode is clearly visible.



## RETURN

### Sign and return

Once your sample is safely sealed, follow these steps to return your sample for processing by the labs.

01

Register your kit by scanning the QR code or visit <https://app.omnos.me/external-kit-registration>

02

Add your sample to the pre-paid envelope

03

Post the envelope in any Royal Mail post box. If you are returning your sample from outside the UK please use the UPS label provided and take to the nearest UPS hub.

### Viewing your results:

Once your sample has been processed you will receive an email confirming your results are ready to be viewed on your account. This is usually within 3-6 weeks of the lab receiving the sample.

If there are any issues with your sample we will be in touch.