

# INSTRUCTIONS

**Please, carefully read all the instructions for accurate saliva sampling!**

## Contents of the test kit:

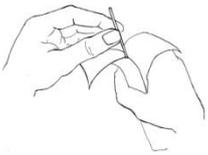
- sterile cotton swabs, packaged separately;
- a questionnaire (purple);
- an envelope for sending samples to the *GenEra* laboratory;
- an invoice;
- instructions.

**Important!** Do not take a sample immediately after cleaning your teeth, eating or smoking (wait at least 30 minutes). **It is very important that a saliva sample from a baby is taken at least 30 minutes after a meal.**

1. Fill in the questionnaire (first name, surname or nickname should be entered in block letters).
2. Before taking a sample, wash and dry your hands thoroughly.



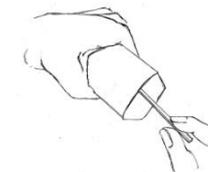
3. For each person involved in the test, you will need two cotton swabs with a respective label (T – father; M – mother; B1 – child 1; B2 – child 2; B3 – child 3; C – other person). There are two cotton swabs for every person involved in the test.



4. Carefully tear open the sterile cotton swab packaging along the marked line. Hold cotton swabs by the free end and take them out of the packaging. Please take care not to touch any part of the cotton swab or allow it to come into contact with any other surfaces (especially other people).



5. Put the cotton swab in your mouth and rub (circle) it against inside of the cheek for at least 15 seconds.



6. Return the cotton swab immediately to the packaging, cotton part first.

7. Repeat the same procedure (steps 4–6) with the second cotton swab (we advise sampling the inside of the other cheek).

8. Perform the same procedure (steps 4–7) to obtain samples from other persons involved in the test. **Be very careful when taking a sample from another person! Do not touch the cotton end of the swab used to take saliva samples from another person!**

9. Insert the packages containing cotton swabs and a completed questionnaire (purple) in the envelope, apply the necessary postage and send it to the *GenEra* Ltd. laboratory.

10. Pay the invoice by post, at your bank or online. **Do not forget to specify the invoice number in the payment order!**

11. You will receive the results within 2 weeks of the date of payment.

- 
- Your sample will only be used for the respective test.
  - *GenEra* Ltd. does not assume any responsibility for the quality of the submitted samples. If we cannot obtain pure DNA from your saliva sample, we will send you a new test kit.

In case of any questions, please contact us:

*GenEra* Ltd. Ph.: +37167425241; e-mail: info@genera.lv; www.genera.lv; address: Rātsupītes iela 1, Rīga LV-1067, Latvia