

COLLECTION INSTRUCTIONS

Your DNA cheek swab collection

This is a quick, painless sample – two cheek swabs collected first thing in the morning. A little preparation keeps your DNA sample clean and gives the most accurate result.



A simple test you do at home

Your kit and both swabs are posted directly to you – no collection centre visit needed. Swab each cheek at home, snap each swab into its vial, then mail everything back the same day.



First thing, fasted

before food, drink or brushing



Two swabs

one per cheek

1 Before you collect

Collect **first thing in the morning**, before you've had anything by mouth. This keeps your sample free of food and other cells.



Fasted overnight

Before collecting, have **nothing by mouth** – no food, drink, oral care (brushing or mouthwash), smoking or chewing gum.



Wash your hands

Wash your hands thoroughly before handling the kit, to reduce the risk of contaminating your sample.



Don't touch the tips

Handle each swab by the stick only. Don't touch the soft swab tip, and don't let it touch any other surface.

Check your kit

- 2 × DNA buccal swabs
- 1 × specimen transport bag
- 1 × pre-paid return mailer
- 2 × orange vials
- 1 × request form
- 1 × collection instructions

Each vial has a barcode label with your unique identifier. Something missing? Email us at info@i-screen.ai before you begin.

2 Collecting your sample

You'll swab **both cheeks** — one swab and one vial for each. Place the unopened swabs and vials on a clean, level surface to begin.

FIRST CHEEK

- 1 Remove the first swab from its package. Firmly scrape the inside of **one cheek** while **rotating the swab**, for a full **45 seconds**.
- 2 Open the first vial and insert the swab **tip-down**. Line the **black line** on the swab up with the edge of the vial, then **snap it off** — leaving the swab tip in the vial's liquid.
- 3 Fasten the **orange cap** securely on the vial.

OTHER CHEEK

- 4 Repeat steps 1–3 on your **opposite cheek**, using the **second swab and vial**. Secure its orange cap too.

3 Packing & sending

- 1 Place **both capped vials** into the sealable section of the specimen transport bag and seal it.
- 2 Check your **request form** is complete and place it into the **non-sealable** section of the transport bag.
- 3 Put the transport bag and request form into the **pre-paid return mailer** and post it back the **same day** via Royal Mail.

Your results: Once the lab receives your swabs, your results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready.