



Buccal swab

For a sufficient amount of DNA material, please perform 2 buccal swabs.

Material:

- Sterile gloves
- Sterile mucosal swab tubes (please use only dry tubes without gel material)

Requirement:

- Patient should rinse his/her mouth thoroughly with water twice

Sampling:

- Put on gloves
- Label tubes with patient name, date of birth and collection date
- Carefully remove the sterile cotton swab from the packaging. Make sure that no other surfaces are touched.
- Rub cotton swab on the inside of the cheek for 10 seconds while turning. Light pressure should be applied
- so that the cheek bulges outward. However, do not rub so hard that contamination with blood occurs.
- Push the cotton swab a few centimetres into the corresponding tube so that the cotton is protected but the
- tube is not closed. Again, be careful not to touch any surfaces other than the inside of the tube. Allow
- cotton swabs to dry at room temperature for 30 minutes to 3 hours.
- Close the tube tightly (break off the cotton swab if necessary).
- The tube can be stored at room temperature. It should be kept in a dry and dark place.

Collection of nail material

For a sufficient amount of DNA material, as much nail material as possible should be collected, but at least 5 nails.

Material:

- Sterile gloves
- Nail scissors (clean with alcohol/disinfectant before use)
- Closable tube

Requirement:

- Remove nail polish beforehand if present
- Wash hands thoroughly

Sampling:

- Put on gloves
- Label tube with patient name, date of birth and collection date
- Using nail scissors, cut fingernails and/or toenails and transfer them to a tube. All nails can be collected in the same tube.
- Close the tube tightly.
- The tube can be stored at room temperature.