

Longitudinal Evaluation of the Growth and Acquisition of Clones over Years in the **blood**

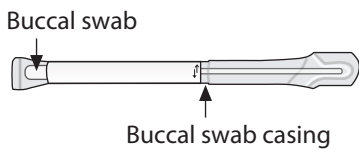
Instructions for buccal swab collection

Please read all the instructions below before collecting your sample

! Please do the buccal swab **AFTER** you have collected your saliva sample

If you have bleeding from your gums or mouth ulcers, please do NOT collect a buccal swab sample.

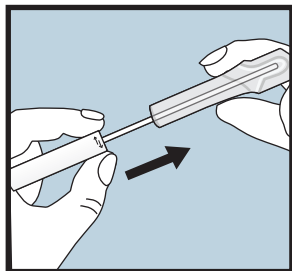
1 Prepare to collect your sample



Please do NOT eat, drink, smoke or chew gum for 30 minutes before doing your swab.

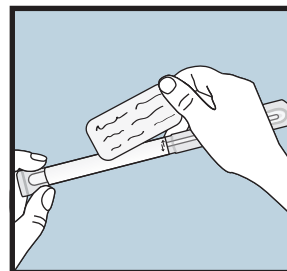
Please have some water nearby for rinsing your mouth immediately before doing your swab. (this is important for reducing saliva contamination of the swab)

2 Collect your sample

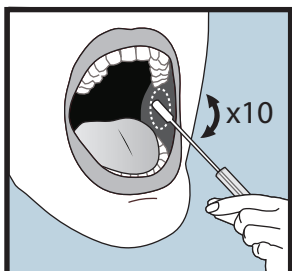


1 Rinse your mouth twice with water immediately before collecting your swab. **!**

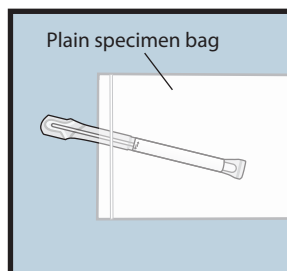
Break the seal on the buccal swab casing and remove the swab stick. Do NOT discard the swab casing.



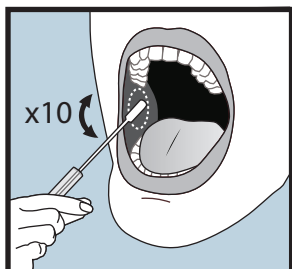
5 Label the swab casing with your LEGACY study ID number and the date you collected the sample.



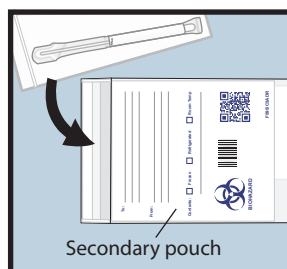
2 Collect buccal cells by rolling the swab firmly and slowly on the inside of your cheek ~10 times, whilst moving the brush over the entire cheek



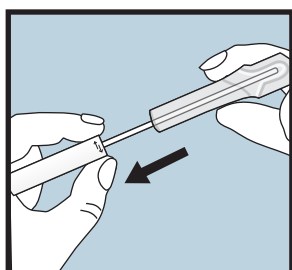
6 Place the labelled swab into the plain specimen bag.



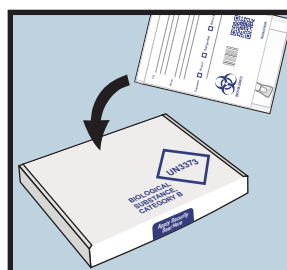
3 Repeat step 2 on the other side.



7 Place the specimen bag (containing the labelled swab) into the secondary pouch and seal the pouch closed.



4 Place the buccal swab back in the buccal swab casing.



8 Place the sealed pouch inside the UN3373 marked box and seal the box with the 'security seal' sticker.