**Important note:** Do not eat, drink, smoke or chew gum 30 minutes before collecting your sample.

1. **Collect**

   - Place sponge comfortably in mouth and vigorously rub lower gums 10 times back and forth.
   - Repeat rubbing motion on the opposite side of the mouth.
   - Holding the tube upright, unscrew cap from the tube. Do not spill the liquid or touch the sponge tip.
   - Turn the cap upside down, insert the sponge into the tube and close blue cap tightly.
   - Turn capped tube upside down and shake vigorously 10 times.
   - Label specimen tube with 2 identifiers (DOB, Name, MRN).

2. **Order & Return**

   - Fill out the paper requisition form OR order RxMatch in iCentra.
   - Place your labeled sample tube into the bio-specimen bag and seal closed.
   - Place the requisition form and sample back into the box.
   - Seal box closed with the adhesive tape.
   - For fastest processing, contact Intermountain Courier Services at 801-442-4090 for pick up.
   - OR Mail sample using the postal system. Postage is prepaid.