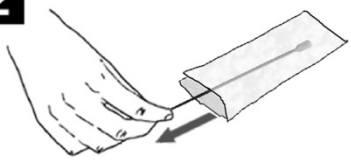
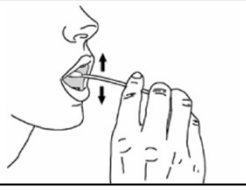
US Edition Version 6
Revised April 2012

Instructions for use of Isohelix SK3, SK4 & SK5 Buccal Swabs

REF SK-3S, SK-4S, SK-5S

Intended for the retrieval of buccal cells. Single use only.
Store at room temperature. Use only if swab wrapper remains intact.

Take your DNA sample at least one hour after eating, drinking or cleaning your teeth.
For best results, rinse mouth with water immediately prior to sampling.

1		Pull open the package from one end.
2		Remove the swab from the wrapper, taking care not to touch the white swab head with your fingers. Note: 2 swabs per wrapper with SK-4S swab kit, 3 swabs per wrapper with SK-5S swab kit.
3		Insert the swab into your mouth and rub firmly against the inside of your cheek or underneath lower or upper lip. For standard DNA collection rub for **1 minute** and in all cases rub for a minimum of 20 seconds. **Important – use reasonable, firm and solid pressure**
4		You may now proceed directly to isolate the DNA from the swab sample. If the swab needs to be stored prior to DNA isolation steps should be taken to stabilise the DNA on the swab to maximise yield and quality. Advice and options for DNA stabilisation are shown below.

Options for stabilising the DNA are:
i) Air-drying, ii) Chemical Stabilisation [1], iii) Isohelix Dri-Capsules [2], iv) Storage at -20°C/-80°C.

Note 1: The Isohelix DSK stabilisation and lysis kit (Cat. No: DSK-50) is a simple to use swab optimised kit which fully stabilises your DNA from microbial and enzymatic activity that occurs naturally after buccal sampling. The kit is designed to store samples at room temperature and shows no visible loss of stability over at least 2 years.
Note 2: Isohelix Dri-capsules are suitable for use with SK3 and SK4 swabs in combination with a 5ml tube (available separately). The capsules stabilise the DNA on the swab in the medium term (at least 12 months) without the use of chemicals, by effectively air-drying the swab *In Situ* inside a sealed tube.
For more details on methods of stabilisation visit the Isohelix website www.isohelix.com

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