

NON-RESIDENTS & FOREIGN CITIZENS
can place an order for a genetic passport and send their biological
material by post!

To send biological material, please follow the instructions below for collecting buccal epithelial cells.

The Instructions for Collecting Buccal Epithelial Cells for Genetic Testing

The buccal mucosa is the epithelium of the inner surface of your cheeks.

Your task is to collect cells from the inner surface of your cheek. Please follow the instructions below:

1. Open the package of regular cosmetic cotton swabs. Use only new, not previously opened.

2. Rinse your mouth with water.

3. Take a cotton swab. With its cotton part, press vigorously and move it in circular motions along the inner surface of both cheeks (30-40 times).



4. **IMPORTANT! Do not touch the cotton part containing the collected buccal mucosa with your hands.**

Take the second cotton swab from the package and repeat steps 3 and 4.

Take the third cotton swab from the package and repeat steps 3 and 4.

Dry the cotton swab in the air for 3-4 hours (see the picture)! Do not dry it in direct sunlight! Do not dry it under a lamp!



5. **IMPORTANT! Do not touch the cotton part containing the collected buccal mucosa with your hands.** Use scissors to cut off cotton parts from all three swabs that contain the collected buccal mucosa on a clean sheet of paper. Do not cut "at the root"; leave about 2 cm of the plastic stem. Fold the sheet together with the snipped parts and place it in a postal envelope.



6. Put a photocopy of your passport in the same envelope or write your passport details on a piece of paper (its series, number, by whom and when issued, your registration address).

Provide contact details for communication with you (your phone, email address).

MANDATORY!!! Please specify the type of genetic testing: osteoporosis, thrombophilia, a full genetic passport etc.



7. Sign an envelope. Seal an envelope with a glue stick.

IMPORTANT! Do not use saliva to seal an envelope.



If you have done everything correctly, we will receive an envelope from you containing:

- ▶ **Three snipped parts of cotton swabs** with the dried buccal mucosa placed in a folded sheet of paper;
- ▶ A copy of **your passport** (or a sheet of paper with your passport details);
- ▶ Your **contact details**;
- ▶ **Information about the type of genetic testing** you would like to have.

Our address: 27 Akademicheskaya St., Minsk 220072, Belarus,
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