



## Instructions for Use: Isohelix BuccalFix RNA 0.5ml collection tubes for use with polyester breakable Buccal Swabs REF RFSS-S1-05



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

**Precautions:** Do not ingest. If the stabilising solution comes into contact with skin or eyes, wash with plenty of water, Cap may be a choking hazard to small children. MSDS available at <a href="https://www.isohelix.com">www.isohelix.com</a>.

Take your RNA 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 swab head with fingers.
3	Insert the swab into the mouth and rub firmly against the inside of the cheeks or underneath the lips. Rub for at least 1 minute to maximise sample collection.  Apply firm, reasonable pressure when swabbing.
4	Remove cap from collection tube, place swab into tube and remove swab shaft either by snapping the swab head off, or by cutting off the swab head.
5	Replace the tube cap, making sure the tube is securely sealed. Shake well to ensure that swab mixes with the collection buffer.

RNA stability on swabs stored in BuccalFix RNA tubes at room temperature is maintained for two weeks.

FOR RESEARCH USE ONLY