



23&Me Genetic Testing

Instructions

**** Your kit has already been registered by HPM Staff. ****

1. You should not eat or drink for 30 minutes prior to completing the test.
2. Spit into the tube up to fill line. Make sure that there are no spit bubbles. The more saliva the better.
3. Hold the tube upright with one hand. Close the funnel lid with the other hand by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the saliva. Make sure that the lid is closed tightly.
4. Hold the tube upright. Unscrew the funnel from the tube.
5. Use the small cap to close the tube tightly.
6. Shake the capped tube for 5 seconds. Discard the funnel.
7. Place capped tube into the bio-specimen bag containing the absorbent pad and seal bag.
8. Place sealed bio-specimen bag into original box. Peel and seal close. Mail the postage paid box via USPS to address indicated.