

Your Test Kit



CHECK4CANCER LTD

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Here is your **MyBreastRisk** sample collection kit

Please read the instructions carefully before you collect your sample.
Your test can be taken at any time but must be returned within three months.

Thank you for choosing **MyBreastRisk** from **Check4Cancer** and please call our customer service team on **0800 085 6616** if you have any questions before you take your sample.

1

Collect saliva
DNA sample

2

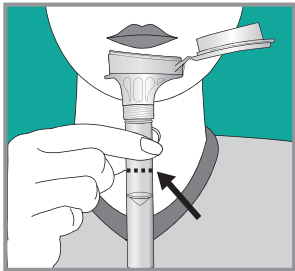
Prepare
sample

3

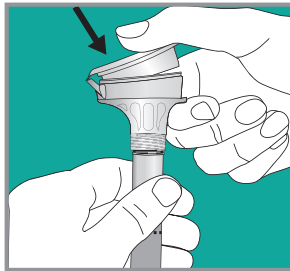
Return
sample

Please follow these instructions carefully
and keep them in a safe place.

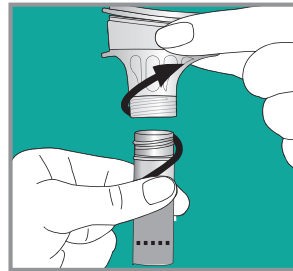
Step 1 Collect DNA sample



Hold the funnel with the lid already open and spit into the funnel until the amount of saliva (not bubbles) reaches the fill line marked on the tube.



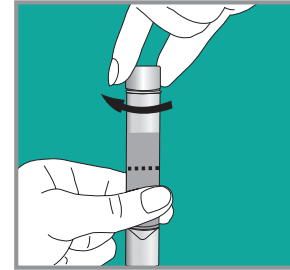
Holding the tube upright in one hand, close the funnel lid with the other hand by firmly pushing the lid until you hear a loud click. The liquid within the lid will be released into the tube to mix with the saliva.



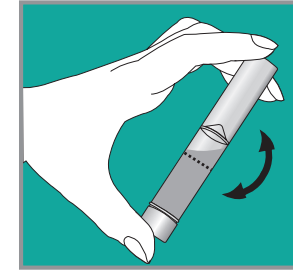
Making certain that the lid is closed tightly, unscrew the funnel to detach it from the tube.

PRECAUTIONS: DO NOT eat, drink, smoke or chew gum for **30 minutes** before giving your saliva sample as this can lead to low DNA extraction and the requirement for a repeat sample. If a replacement kit is needed for any reason, there will be a charge of £50.

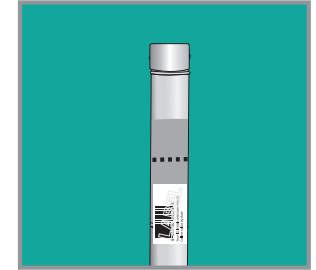
Step 2 Prepare sample



Take the small cap provided and use it to close the tube tightly.



Shake the capped tube for 5 seconds to mix the liquids. Discard or recycle the funnel.



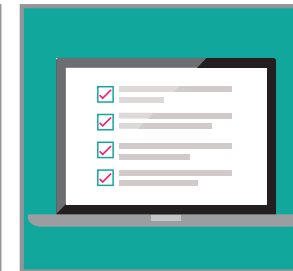
Stick the large bar code with your ID, initials and date of birth onto the bottom of the saliva tube. Ensure the 'Collect saliva by ...' date is still visible and the barcode is below the 'fill to' line.

WARNING: DO NOT ingest the stabilising solution in the tube cap. If your skin, eyes or mouth come into contact with the solution, wash with water. Keep DNA kit out of reach of children.

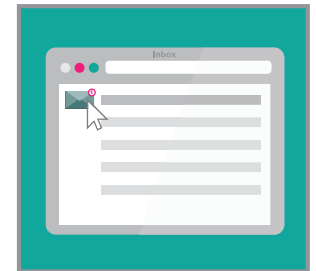
Step 3 Return sample



Place the capped tube into the plastic bag provided, seal the bag and place in the pre-paid return box along with your completed Test Referral Form. Seal the box with the adhesive strip and post it.



Now complete your breast cancer risk assessment questionnaire. Results from your saliva DNA test and your completed questionnaire are combined to give an accurate life time risk score.*



You will receive your MyBreastRisk results and personalised breast screening programme by password protected email within 8 weeks of our laboratory receiving your sample.

*If the questionnaire is not completed your personal lifetime risk will be based on your DNA test alone. For terms & conditions see www.check4cancer.com