

USPS Marrow Program Coordinator Toolkit

Potential Donor Buccal Swab Process



How to Use Your Buccal Swab Kit

to join the National Marrow Donor Program Registry

1. **Remove** one swab at a time from packaging. Cotton surface of swab should only touch your **INNER** cheek.
2. **Swallow.**
3. **Open** mouth, **insert** swab, and **brush** cotton surface against your **INNER** cheek for 10 seconds. Use the same force used to brush your teeth (*Figure A*).
4. If your swabs are not pre-labeled, **wrap** one bar code label around the swab like a flag (*Figure B*).
5. **Insert** the bar-coded swab into the foam holder (*Figure C*).
6. **Repeat** steps 1 through 5 using one swab per section of your **INNER** cheek— top right, bottom right, top left, bottom left (*Figure D*). **Swallow before each swab.**
7. **Insert** the cardboard holder (containing swabs) into the envelope, **seal** and **return** as instructed.

If a swab is dropped, please throw it away.

Testing kit can be submitted with fewer than four swabs.

