



Add genetics  
to your health



# Sampling kit

## Content

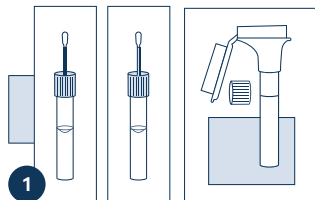
- A** 3 collection kits
- B** 2 package inserts
- C** A card with 3 stickers
- D** A safety bag
- E** A return envelope
- F** An air waybill pouch
- G** Archie



### Watch the video

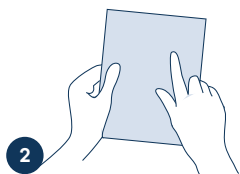
Scan the QR code and watch the video before you start

# 01 Sampling



**1**

**You have 3 collection kits:** 2 buccal swabs with 1 package insert and 1 saliva collector with 1 package insert. These 3 kits you require for the sampling procedure. **The saliva collector is NOT applicable for children under 6 years old.** You start with any buccal swab.



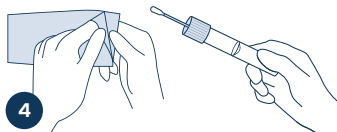
**2**

Read the package insert for the technical specifications before your start with the sample collection.



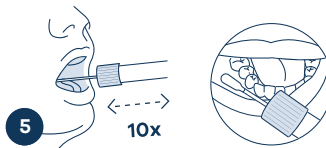
**3**

**Collection precautions:** Ensure the sponge tip does NOT come into contact with any surface prior to collection. Do NOT eat, drink, smoke or chew gum for 30 minutes before collecting oral sample. Choking hazard. Caution should be used when inserting sponge into the mouth. Wash with water if blue liquid comes in contact with eyes or skin. Storage: 15°C to 25°C



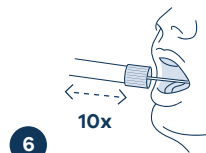
**4**

Open package and remove collector without touching sponge tip.



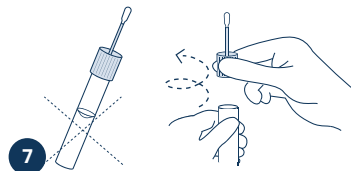
**5**

Place sponge as far back in the mouth as comfortable and rub along the lower gums (see close up image) in a back and forth motion. Gently rub the gums 10 times. If possible, avoid rubbing the teeth.



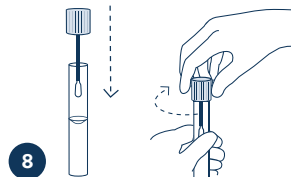
**6**

Gently repeat rubbing motion on the opposite side of the mouth along the lower gums for an additional 10 times.



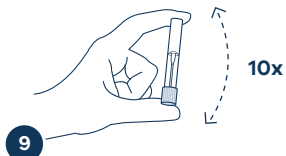
**7**

Hold the tube upright to prevent the liquid inside the tube from spilling. Unscrew the blue cap from the collection tube without touching the sponge.

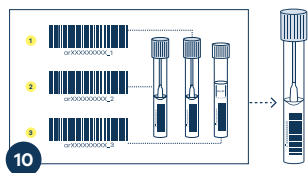


**8**

Turn the cap upside down, insert the sponge into the tube and close cap tightly.



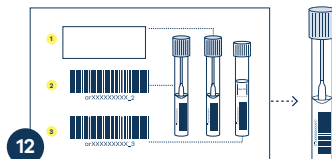
Invert the capped tube and shake vigorously 10 times.



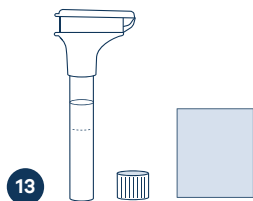
Take the sticker card with 3 labels. Each label has 9 different digits ending with 1, 2, or 3. Attach the label arXXXXXXXXX\_1 to the first swab.



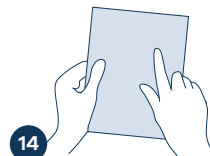
Take the second buccal swab and proceed again from the step 4 till the step 10.



Take the sticker card which has now 2 labels. Attach the label arXXXXXXXXX\_2 to the second swab.



Take the saliva collector packing. **The saliva collector is NOT applicable for children under 6 years old.** Inside you will find: Packing insert, Tube cap, Saliva Collector.

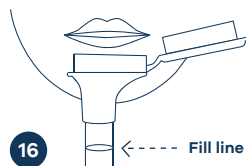


Read the package insert for the technical specifications before your start with the sample collection.



**Collection precautions:**

Proceed right after 2 buccal swabs are ready. Do NOT remove the plastic film from the funnel lid. It lasts between 2 and 5 minutes. Wash with water if stabilizing liquid comes in contact with eyes or skin. Do NOT ingest. Storage: 15°C to 25°C



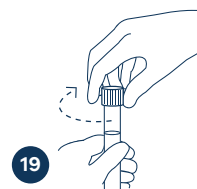
Spit into funnel until the amount of liquid saliva (not bubbles) reaches the fill line shown in the picture.



Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown) 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.



Hold the tube upright. Unscrew the funnel from the tube.

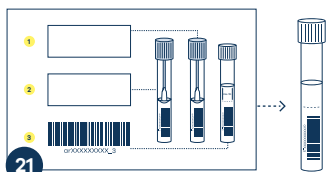


Use the small cap to close the tube tightly.



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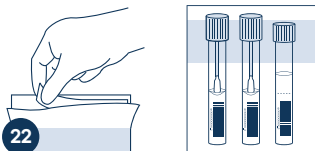
Shake the capped tube for 5 seconds. Discard or recycle the funnel.



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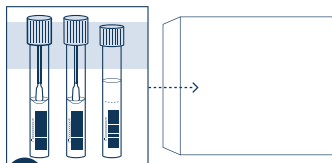
Attach the label arXXXXXXXX\_3 to the saliva collector tube.

## 02 Packaging for return



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Remove the white protection line from the inside top of the safety bag. Pack 3 items into the safety bag. Close the bag. For children under 6 years pack only 2 items.



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Put the safety bag in the provided return envelope. Close it.

## 03 Online registration

Go to:  
[portal.arcensus-diagnostics.com](https://portal.arcensus-diagnostics.com)

Create your account

Activate it by clicking the link you received *via* Email

Login

Click on "Subject(s) registration"

Add the Activation Code you obtained after you purchased the myLifeDNA™ starter kit

Add the code provided on the box in the format: arXXXXXXXX



Enter your clinical information  
**\*crucial for medical experts to interpret your genomic result\***

Read and accept the consent Confirm and submit

Add the Activation Code you obtained after you purchased the product

## 04 Shipping instructions

After providing all mandatory information you are ready to ship your sample

To pick up your sample send an Email one day in advance with:

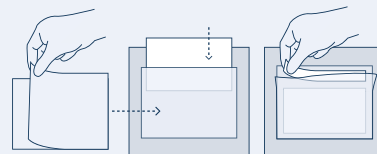
- The preferred pick-up time slot (minimum of 3 hours)
- Detailed address (including building number, floor, etc.)
- Contact mobile phone number

to

[samplepickup@arcensus-diagnostics.com](mailto:samplepickup@arcensus-diagnostics.com)

You will receive a confirmation *via* an Email with an airway bill

Print the airway bill



Take the air waybill pouch. Remove the big white protection paper. Stick the air waybill pouch to the return envelope. Put the airway bill inside. Remove the small white protection paper and close the air waybill pouch.

**Important:** Make sure you follow all the steps before sending the sample

**„A timely genomic diagnosis  
can improve and save lives.“**

A handwritten signature in black ink, appearing to read 'Michael Schlenk', positioned above the name text.

MICHAEL SCHLENK - CEO



arcensus

Do not hesitate to contact us in  
case of any questions:

E [info@arcensus-diagnostics.com](mailto:info@arcensus-diagnostics.com)

T +49 381 20 267 067

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and Data Protection regulations visit [www.arcensus-diagnostics.com/regulatory](http://www.arcensus-diagnostics.com/regulatory)