

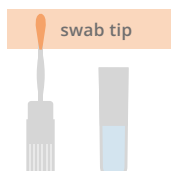


INSTRUCTIONS IHR PGX

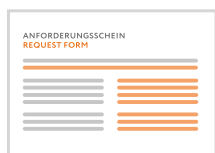
COMPONENTS OF THE TEST KIT:



swab



swab tube



request form

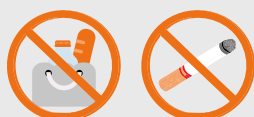


return label



bubble bag

Do not eat, drink, or smoke
for 30 minutes before
sample collection.


1

- Remove the swab from the packaging.
- Open the swab without touching the swab tip.
- Avoid contact of the swab tip with hands or other surfaces.

2

- Open your mouth wide.
- Rub the swab tip firmly against the mucous membrane on the inside of one cheek for at least 30 seconds.
- Repeat the procedure on the other cheek.
- Allow the swab tip to air-dry for 10 minutes before closing the swab.

3

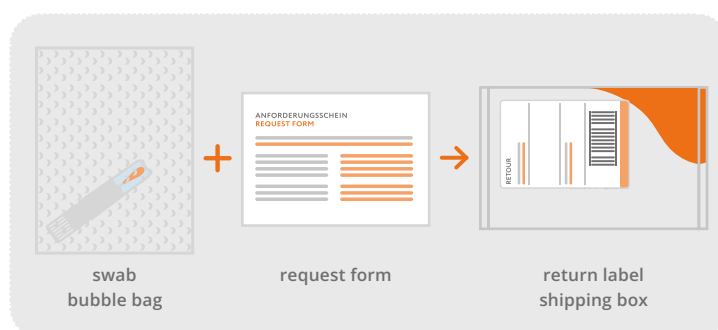
- Place the swab back into the tube after sampling and close it securely (the swab tip dries on its own inside the tube).
- Wrap the swab in the bubble bag.

4

- Complete the request form fully and legibly.
- Sign the request form.

5

- Activate your sample online using the activation code or scan the QR code with your smartphone. The activation code and the QR code are included in the test kit (attached inside the instruction folder). No activation, no results!


6

- Place the wrapped swab and the completed request form into the shipping box.
- Carefully close the shipping box (please press firmly to ensure it is securely sealed).
- Affix the return label to the shipping box.
- Store the sample at room temperature (15–30 °C) until shipment.

7

- Drop the shipping box into the nearest mailbox as soon as possible.
- Once your sample has been analyzed, you will receive your IHR PGX Report and your personal IHR PGX Card.