

LABEL  
GOES HERE  
EDX- - - - -

# HOW TO PERFORM YOUR NASAL SWAB

What's inside your kit: 1X swab, 1X plastic tube, 1X biohazard bag, 1X instructions (keep this sheet), 1X name label, 1X FedEx Pak



**KIT ACTIVATION CODE**  
activate kit before you ship

**Shelf Life: 60 days**

1

**ACTIVATE**

- Go to [activate.empowerdxc.com](https://activate.empowerdxc.com) to activate your kit
- Enter the 10 digit kit activation code found under your barcode in your empowerDX kit "EDX- - - - -".
- **You MUST collect & ship your sample the day you activate your kit to get results.**



2

**PREP**

- Wash and dry your hands
- Place all the contents on a clean, dry surface
- Failure to follow these instructions may lead to inaccurate test results – please keep this sheet to reference your kit activation code



3

**LABEL**

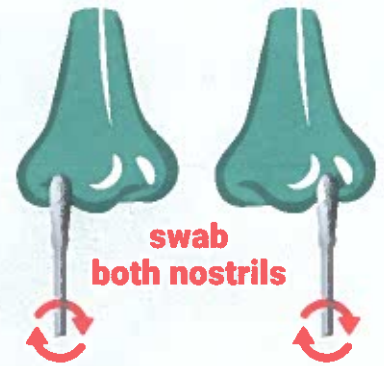
- On the name label that is loose in your kit, clearly write your name, date of birth and date of collection
- Place the name label lengthwise on the plastic tube – do not cover the barcode
- Make sure to use the exact name you used to purchase – if the name doesn't match, you will NOT get results



4

**SWAB TWICE**

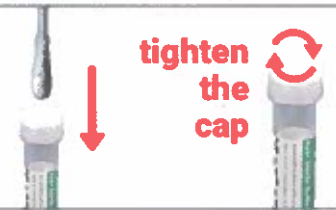
- Place the collection tube on a flat surface and screw off the top
- Do not spill or drink the liquid – the swab must be returned with liquid
- Take the cotton swab out of its package without touching the tip
- Hold swab in one hand & collection tube in the other
- Insert the tip of the cotton swab into one nostril until the cotton tip of the swab is no longer visible
- Rotate the swab in a circle around the entire inside edge of your nostril at least 3 times
- Take the cotton swab out of your nostril
- Using the same end of the cotton swab, rotate the swab 3 times in your other nostril



5

**SCREW**

- Remove the cotton swab from your second nostril
- Place the used end into the collection tube first so it is fully covered with liquid
- Tightly screw on the top of the collection tube so it doesn't spill



6

**INSERT**

- Wash and dry your hands thoroughly again
- Insert collection tube into the biohazard bag, leave the white absorbent pad in the bag and close the zip lock seal
- Place the biohazard bag into the kit box



7

**SHIP TODAY**

- Place the kit box in the pre-labeled FedEx Pak, remove the adhesive cover strip and seal the FedEx Pak closed
- Ship the FedEx Pak by finding the nearest FedEx drop box: [bit.ly/fedexdropbox](https://bit.ly/fedexdropbox) (Monday-Friday only)
- Ship on the day you collect & activate your kit or your sample may not be tested
- Please take note of the return label tracking number on the FedEx Return Pak to know when your kit reaches the lab

