

Tumtesting

Tumtesting sample preparation guide

A practical companion for getting your kit ready. Always follow the instructions included with your specific kit because collection and return steps can vary.

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Before you collect

Set aside enough uninterrupted time to read the kit-specific instructions from beginning to end.

1. Check that the collection materials, instruction booklet, return pouch, and packaging are present and appear intact.
2. Confirm the kit information and any return timing shown in your order email. Do not add health details to the storefront.
3. Prepare a clean, dry surface and wash and dry your hands before handling collection materials.

Collection and packaging

Use only the materials that arrived with your kit.

1. Follow the order and timing in the kit instructions. Do not substitute containers or collection tools.
2. Avoid touching collection surfaces or the inside of tubes, caps, and pouches so you reduce the chance of contamination.
3. Label only where the kit instructions direct you to label. Check that required identifiers are readable before sealing the materials.
4. Seal each component as directed, place it in the return pouch, and use the supplied outer packaging.

Return timing

Return conditions can differ by kit and location.

1. Use the carrier and return label supplied with your order.
2. Follow any day-of-week, storage, or drop-off timing shown in the kit instructions.
3. Keep your order reference and shipping confirmation. Contact support if materials are missing, damaged, or delayed.

Your checklist

☐ I read the full kit-specific instructions.

☐ I checked the kit contents and packaging.

☐ I prepared a clean collection surface.

☐ I confirmed the return label and timing.

Sources and further reading

These public sources offer general background for the topics in this guide. They are listed so you can continue reading at the original publisher.

U.S. Food and Drug Administration. Home-use tests

<https://www.fda.gov/medical-devices/in-vitro-diagnostics/home-use-tests>

National Institute of Diabetes and Digestive and Kidney Diseases. Your digestive system and how it works

<https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>

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How to use external resources

Check the publisher and review date. Read the complete source, not only a quoted sentence. Save questions about symptoms, diagnosis, treatment, medication, or ongoing care for a qualified health professional.

External links can change after this review date. A link is provided for education and is not an endorsement of Tumtesting.