Equipment:
- 2 bottles of mouthwash.
- 1 measuring cup.
- This instruction sheet.

Start:
- Wash your hands thoroughly with soap and water before using mouthwash.
- Read this entire instruction sheet before commencing this procedure.

Mouthwash rinse:
- Pour 20 mls of mouthwash into the measuring cup.
- Rinse all 20 mls in your mouth for 15 seconds.

Mouthwash gargle:
- Now gargle the mouthwash into the back of your throat for 15 seconds.

Repeat:
- Continue to rinse and gargle for a total duration of one minute.

Discard:
- Spit out mouthwash into the sink.

Finishing:
- Close cap on mouthwash bottle.
- Rinse the measuring cup with water.

Wash hands to complete:
- Wash your hands thoroughly with soap and water.

Thank you for taking the time to fill in this survey which will help us to evaluate this new service. Your comments will help us improve the service. This survey should only take 10 mins of your time.

Rinse and Gargle OMEGA mouthwash every day!

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