

Patient Guide

METHYLATION PANEL

Methylation Panel #3534*

Add-On Methylation
Genomics #3535*

* Not Available in New York

SAM-e SAM-e supplementation and amino acid formulas may impact results.

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the included activation label card.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

4 Days before Collection

Check with your clinician whether it is necessary to discontinue medications/supplements.

Some clinicians choose to discontinue non-essential nutritional supplements to get a 'baseline' reading.

Some clinicians choose to continue nutritional supplementation to assess the efficacy of their treatments.

Night Before Blood Draw

Fast overnight. Water is okay.

Freeze freezer brick at least 8 hours.

If collecting cheek swab, brushing and flossing are okay but do not use mouthwash.

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STEP 1 (Continued from previous page)

Plan Your Collection

Morning of Collection

If collecting cheek swab – do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco, or coffee products. You may drink **ONLY** water before specimen collection.

Collect cheek swab (if ordered) immediately upon waking.

STEP 2

Specimen Collection











1. Write patient's **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the **tubes** being returned to the lab. If ordered, confirm the **cheek swab envelope** has a **completed label attached** and is placed behind the foam insulator inside the cardboard box.



Blood Draw and Processing

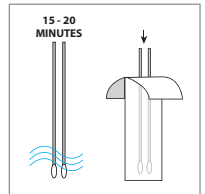
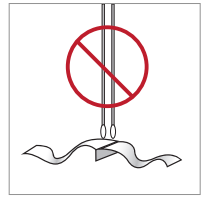
1. **Clean the skin** thoroughly with isopropyl alcohol before venipuncture, and **use only stainless steel needles**.
2. **Draw blood**.
3. **Process blood** using bench chart. Processing must be completed within **45 minutes** of blood collection.

Bench Chart

TUBES	PROCESS	LABEL AND RETURN
 4 ml K3-EDTA Lavender-top Tube	 Gently invert 5 times Do not shake	  REFRIGERATE
 6 ml K3-EDTA Lavender-top Tube  Neutral Tube	 Gently invert the tube 10-15 times Centrifuge 15 min. at 3000 RPM Transfer plasma to Neutral Tube DISCARD USED TUBE	  FREEZE 

Collect Cheek Swab (if ordered)

1. **Peel** open the **cotton tipped applicator package** just enough to remove the cotton swabs. Leave the package intact so that the swabs can be reinserted after collection.
2. **Remove** one cotton swab applicator. **Do not touch** the cotton tip.
3. **Open** your mouth and **aggressively scrape** the inside of your cheek with the cotton swab using a back and forth, and up and down motion for at least **30 seconds**. **Rotate** the applicator several times, and swab between the cheek and gums. **Avoid excessive saliva**.
4. **Repeat steps 2 and 3 with the second swab**.
5. Allow swab applicators to **air dry** for 15-20 minutes. **Return** them, swab first, to the applicator package. **Seal** package inside the paper envelope.



STEP 3

Return Collection Pack

1. Confirm that each tube has a **completed label attached** with patient's **date of birth** and the **date of collection**. Place the **frozen freezer brick** and the biohazard bags with **all tubes** inside the **foam insulator**. Replace the foam lid.
2. If ordered, confirm the **cheek swab envelope** is sealed shut and has a **completed label attached**. Then **place** behind the foam insulator inside the cardboard box.
3. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
4. Visit **gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**. Place the **activation card inside** the box.
5. **Close** the **cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided..

