

ENSURE THE FOLLOWING:

- Labels completed with patient's name and date of birth are on all tubes as well as the test requisition form

All tubes:

- Are tightly closed
- Sealed in the biohazard bag with absorbent pad
- Frozen until packaged for shipping (do not freeze swab)

Swabs (ONLY FOR GENOMICS ADD-ONS):

- Swabs in the package and in the envelope

All required information:

- All sections of test requisition form completed
- Payment information provided
- All tubes and associated forms placed back in the original Genova sample collection pack box prior to shipping

SHIP THE SAMPLE(S) TO THE LAB

Ship only Monday through Thursday, and within 24 hours after final collection.

Please refer to the shipping instruction insert found in your Genova sample collection pack box.



Call +44 (0)20 8336 7750 or visit our website at www.gdx.net/uk

Metabolomix+ BAG TWO COLLECTION

PATIENT SAMPLE COLLECTION INSTRUCTIONS FOR THE FOLLOWING PROFILE(S)

Metabolomix+	Urine	#3200
Add-on Toxic Clearance Profile	Urine	#3203
Add-on Comprehensive Urine Elements	Urine	#3204
Add-on SNP - APO E (C112R + R158C)	Buccal Swab	#5204
Add-on SNP - MTHFR Combined (A1298C + C677T)	Buccal Swab	#5201
Add-on SNP - TNFA	Buccal Swab	#5203
Add-on SNP - COMT (V158M)	Buccal Swab	#5202

BAG TWO COLLECTION MATERIALS FOR SAMPLE



REQUIRED MATERIALS

- Freezer brick
- Absorbent pad
- Test requisition form
- Biohazard bag
- Genova sample collection pack box
- Collection labels (5)

IMPORTANT INFORMATION BEFORE YOU BEGIN THE URINE AND SALIVA COLLECTION

URINE COLLECTION

24 HOURS BEFORE THE TEST:

- Eat usual diet, but avoid over-consuming any single food or extreme diet
- Fluid intakes should be limited to 2 litres of fluid over a 24 hour period

NIGHT BEFORE THE TEST:

- You must fast overnight prior to your urine collection
- Females should not collect urine during a menstrual period
- Please note, patients may not be treated with provocation agent for purposes of testing.

Urine Tube Preservative

- Avoid contact with the skin and eyes. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. If ingested, contact poison control center immediately.

SALIVA COLLECTION (ONLY FOR GENOMICS ADD-ON TESTING)

NIGHT BEFORE THE TEST:

- Use your normal nightly routine of brushing and flossing of teeth, but do not use mouthwash

MORNING OF COLLECTION

- Specimen must be collected immediately upon rising. Do not practice normal oral hygiene routine, do not eat or drink anything other than water.
- Just prior to collection, wash hands completely with hand soap

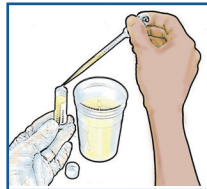
1 Label all tubes with the patient's date of birth. Do not discard tube fluid.

2 Write patient's first and last name, date of birth, gender and date of collection on the Test Requisition Form.

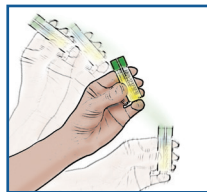
3 If you wake up to urinate during the night (within six hours of waking) collect that urine into one of the provided urine cups (3/4 full), place lid on cup then refrigerate. Upon waking, collect your urine into the second urine cup (3/4 full), and pass any additional urine into the toilet. Mix the two urine collections back and forth between the 2 cups to achieve a uniform mixture.



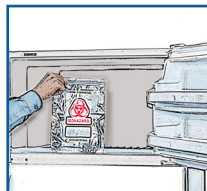
4 Use the pipette to transfer urine from the collection container into the Green-top Preservative Tube, Blue-top Urine Tube, Blue-top Amber Tube, and Green-top Urine Tube until all are nearly full.



5 Recap the tubes tightly and shake.

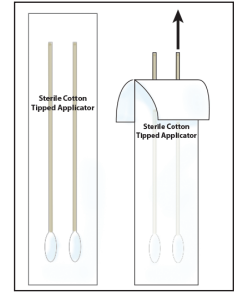


6 Place the tubes into the biohazard bag labeled BAG ONE and freeze for a minimum of 2 hours.



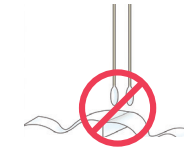
1 Keeping the packet intact, peel open the package labeled, "Sterile Cotton Tipped Applicator."

Only peel back the package far enough to remove the cotton swab applicator.

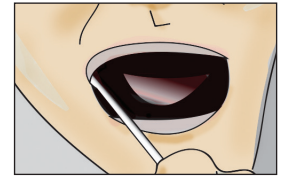


2 Remove one applicator.

Avoid contact with the cotton tip.



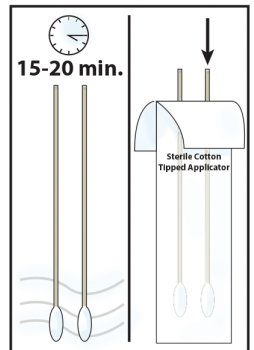
3 Open your mouth widely and insert applicator. For at least 30 seconds, aggressively scrape the inside of your cheek using a back and forth, and up and down motion. Rotate the applicator several times, and swab between the cheek and gums. Avoid excessive saliva.



Note: Follow these instructions carefully to ensure the swab collects a sufficient amount of cheek cells. If there is not enough DNA collected on the applicator, a recollection will be required.

4 REPEAT FIGURES 2 - 3 WITH SECOND SWAB

5 Allow swabs to air dry for 15-20 minutes, then replace them (swab first) into the swab applicator package.



6 Print Full name, collection date, and date of birth on specimen collection label. Place the specimen collection label on the envelope.

7 Insert swab applicator package into the letter envelope and seal.

