

ENSURE THE FOLLOWING:

- Labels completed with **patient's 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

Swabs (ONLY FOR GENOMICS ADD-ONS):

- Swabs in the package and in the envelope

All required information:

Can be completed online or using included paper forms

- 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 Friday, and within 24 hours after final collection.

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



REGISTER FOR THE PATIENT RESOURCE CENTER AT WWW.GDX.NET/PRC

- Complete health surveys
- Make payments
- Access test results



Call **800.522.4762** or visit our website at www.gdx.net

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

- Foam Insulator box
- Freezer brick
- Absorbent pad
- Test requisition form
- Biohazard bag
- Genova sample collection pack box
- FedEx® Clinical Lab Pak and Billable Stamp
- 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 eight (8) 8-ounce glasses of fluid over a 24 hour period

NIGHT BEFORE THE TEST:

- **You must fast** overnight prior to your urine/swab collection
- **Females** should not collect urine during a menstrual period
- **Freeze** the enclosed freezer brick overnight before shipping.
- 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

URINE COLLECTION

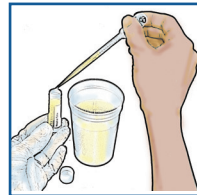
1 Label all tubes with the patient's date of birth. Do not discard tube fluid.

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

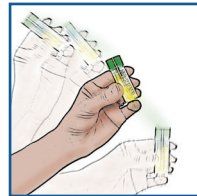
3 Place the pediatric urine collection bag on your child 6 hours before their usual waking time. Refer to our Kit Instruction web page to view the document "How to Use a Pediatric Urine Collection Bag".



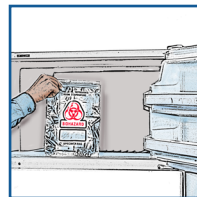
4 Use the pipette to transfer urine from the collection bag into the Green-top Preservative Tube, Blue-top Urine Tube, Blue-top Amber Tube, and Green-top Urine Tube until all are nearly full.



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.

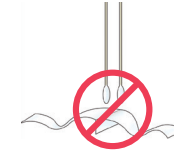


SALIVA COLLECTION (ONLY FOR GENOMICS ADD-ON TESTING)

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.

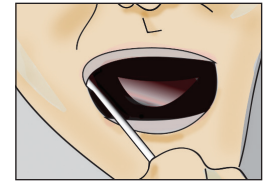
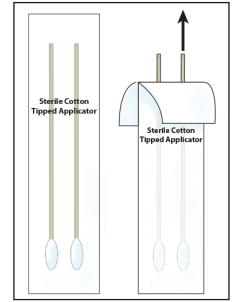
2 Remove one applicator.

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. Deliver the envelope, along with the frozen bag containing urine sample, to your healthcare provider's office.

