

Patient Guide



DetoxiGenomic Profile #GEN03

Methylation Genomics #3542

A-La-Carte SNPs

GSTP1 #5101

COMT #5102

SOD2 #5103

GSTM1 #5104

TNFA #5106

VDR #5109

MTHFR (C677T) #5110

MTHFR Combined

(A1298C + C677T) #5111

APO E #5112

Before You Begin

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

STEP 1

Plan Your Collection

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

Night before Collection

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

Morning of Collection

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.

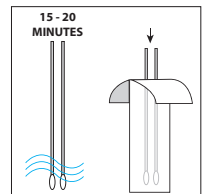
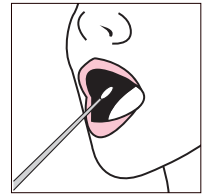
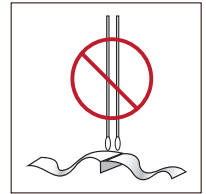
STEP 2

Specimen Collection

1. Write your name, date of birth (DOB), and the date of collection on the label provided. Attach completed label to the letter envelope.

Collect Swab

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 letter envelope.



STEP 3

Return Collection Pack

1. Confirm that the envelope has a **completed label attached** with **name, date of birth** and the **date of collection**.
2. Complete all sections using the requisition included.
3. Place the requisition and labeled letter envelope into the mailer package. Seal the mailer package.
4. Follow the shipping instructions provided.

