



CHECKLIST (PRIOR TO SHIPPING)

1. Cotton Swabs

- Swabs are returned to the original Cotton Swab Package
- Cotton Swabs Package is sealed in the Letter Envelope

2. Specimen Collection Label

- Label is filled out and adhered to the Letter Envelope

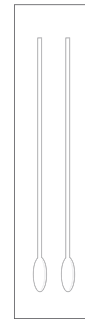
3. Test Requisition Form with Payment

- Test Requisition Form is complete - Test is marked, Patient's first and last name, date of birth, gender, date of collection
- Test requisition is placed in the collection kit envelope.
- Payment is included

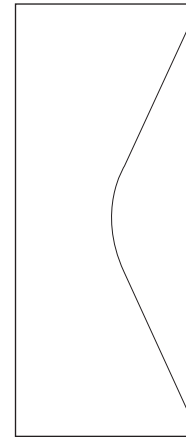
This specimen collection kit can be used for the following tests:

- CardioGenomicPlus™ Profile ***
- DetoxiGenomic® Profile ***
- EstroGenomic™ Profile ***
- Sub Panel Estrogen Metabolism ***
- Sub Panel Hypercoagulation ***
- ImmunoGenomic® Profile ***
- NeuroGenomic™ Profile ***

* Not Available in New York



Cotton Swabs and Package



Letter Envelope



Collection Kit Package

SPECIMEN

Buccal swab

COLLECTION MATERIALS

- 2 Cotton Swabs
- Returnable Cotton Swabs Package
- Letter Envelope

SHIPPING MATERIALS*

- Collection Kit Package
- Test Requisition Form
- FedEx® Billable Stamp
- Specimen Collection Label

International shipping may vary, please see shipping instructions for more details.

IMPORTANT:

All patient specimens require two unique identifiers (*patient's name and date of birth*), as well as *date of collection*. **Patient's first and last name, date of birth, gender, and date of collection** must be recorded on the **Test Requisition Form** as well as all tube(s) and/or cup(s), using a permanent marker, or the test may not be processed.



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Please read all instructions carefully before beginning.

PATIENT PREPARATION

- Specimen **must be collected immediately** upon rising. **Do not practice** normal oral hygiene routine, **do not eat or drink**.
- **Prior to collection:** The night before collection, use your normal nightly routine of brushing and flossing of teeth, but **do not use mouthwash**.
- **Morning of Collection:** On the 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. Just prior to collection, wash hands completely with hand soap.

SALIVA COLLECTION

1. **Write** patient's **first and last name, date of birth, gender and date of collection** on the Test Requisition Form.
IMPORTANT: To ensure accurate test results you **MUST** provide the requested information.
2. **Peel** open the package labeled, "Sterile Cotton Tipped Applicator." *Only peel back the package far enough to remove the cotton swab applicator.* Keep the packet intact. (See Figure 1).
3. **Remove** one applicator taking care to avoid contact with the cotton tip.
4. **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. Be sure to **rotate** the applicator several times to ensure the swab collects a sufficient amount of cheek cells. In addition, **swab** between the cheek and gums. (See Figure 2)
Note: If there is not enough DNA collected on the applicator, a recollection will be required.
5. **Remove** the applicator from your mouth and allow cotton tips to air dry for 15-20 minutes (See Figure 3A) before placing it back into the original packaging, cotton swab first. (See Figure 3B)
6. **Repeat** the collection process (steps 1-3) with the second applicator on your opposite cheek.

SPECIMEN PREPARATION

1. **Place** the package containing the two collected specimen swabs into the letter envelope. Seal the letter envelope.
2. **Print name and collection date** on specimen collection label. **Place** the specimen collection label on the letter envelope.
3. **Seal and place** the letter envelope into the collection kit envelope.
4. **Fill** out the Test Requisition by completing all patient and billing information, including the date of collection. **Sign** the form and **place** it back inside the collection kit package.
5. **Place** FedEx billable stamp on the collection kit package and **call** 1-800-GoFedEx to schedule a pick up.

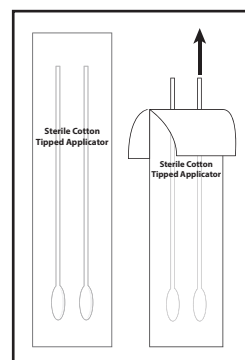


figure 1



figure 2

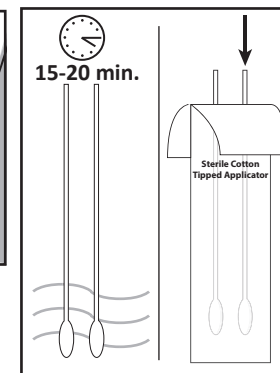


figure 3A

figure 3B

(REPEAT FIGURES 1 - 3)

