METHYLATION PANEL SPECIMEN COLLECTION INSTRUCTIONS

CLINICIAN BLOOD DRAW/PATIENT Buccal Swab INSTRUCTIONS

The following test(s) can be collected using these instructions:

Methylation Panel* - Blood #3534
Add-On Methylation Genomics* - Blood/Buccal Swab #3535

* Not available in New York

CHECKLIST (PRIOR TO SHIPPING)

1. All Tubes
   - Patient’s Date of Birth written on all specimen labels
   - All the tubes are tightly closed

2. Blood Tubes - Frozen
   - Specimen should be frozen solid prior to shipping
   - Neutral transfer tube

3. Blood Tube - Refrigerated
   - 4ml K3-EDTA lavender-top tube

4. Swabs (ONLY FOR GENOMICS ADD-ONS)
   - Receive swabs from patient, confirm envelope is labeled

5. Test Requisition Form with Payment
   - Test Requisition Form is complete: Test is marked, Patient’s first and last name, date of birth, gender, and date of collection are recorded
   - Payment is included or pay online at www.gdx.net/prc

6. Prepare for Shipping
   - Place blood tubes in bubble wrap bag and seal it
   - Place bubble wrap bag and envelope containing swabs into Biohazard bag
   - Lay biohazard bag on top of freezer brick, within insulated box. Secure lid to box with rubber band, then slide into original exterior box
   - If not completed online at www.gdx.net/prc, place patient survey, requisition, and payment on top of insulated box before closing
   - Put box into prepaid mailing envelope and seal for shipping
   - Specimens must be returned in the Genova Diagnostics box and received by Genova within 24 hours of collection

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

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**MEDICATIONS MAY IMPACT RESULTS**
- Discontinuing medications is at the discretion of your physician.
- It is unknown if certain medications impact the results of this test. SAM-e supplementation and amino acid formulas may impact results.

**NIGHT BEFORE THE TEST:**
- Patients must fast overnight prior to the blood draw
- Freeze the enclosed freezer brick a minimum of 8 hours, be sure to bring it with collection pack to blood draw (BUCCAL SWAB COLLECTION ONLY)
- Brush and floss your teeth as you regularly would, but do not use mouthwash.

**4 DAYS BEFORE THE TEST:**
- Some clinicians choose to discontinue non-essential nutritional supplements, such as B-vitamins, to get a “baseline” reading.
- Some clinicians choose to continue nutritional supplementation to assess the efficacy of treatments.

**BUCCAL SWAB COLLECTION (ONLY IF YOUR PHYSICIAN ORDERED GENOMIC ADD-ONS)**
1. Gently peel open the package labeled, “Sterile Cotton Tipped Applicator.” Only peel back the package to expose the handle of the swabs. Do not peel all the way back.
2. Remove one applicator. Avoid contact with the cotton tip.
3. Open your mouth wide and vigorously rub the inside of your cheek with the cotton swab for 30 seconds. Use 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. If there is not enough DNA collected on the applicator, a recollection may be required.
4. Repeat the collection process with the second applicator on your opposite cheek. Allow swabs to air-dry for 20 minutes, then replace them (swab first) into the swab applicator package.
5. Print date of birth on specimen collection label, place label on letter envelope.
6. Place repackaged swabs into the labeled letter envelope and seal. Deliver the envelope along with the rest of the collection pack materials, to your healthcare provider’s office or blood draw site to be returned to Genova Diagnostics.
7. Complete patient survey using form included in pack or by going online at www.gdx.net/prc

**BLOOD COLLECTION**
Please collect all tubes in one session. Label each tube with the patient’s date of birth.

Blood processing note: Step 3 must be completed within 45 minutes after blood collection.

1. Before venipuncture, thoroughly wash the skin area with isopropyl alcohol using two successive swabs of sterile cotton. Do not use iodine or mercury-based disinfectants/antiseptics. Use only stainless steel needles, with no aluminum or other metal crimp ring.
2. DRAW BLOOD

**BLOOD PROCESSING**

- **4ML LAVENDER-TOP K3-EDTA TUBE**
  - Gently invert 5 times
  - Do Not Shake
  - Refrigerate
  - RETURN TO LAB

- **6ML LAVENDER-TOP K3-EDTA TUBE**
  - Gently invert the tube 10-15 times
  - Centrifuge 15 min. at 3000 RPM
  - Transfer plasma to Neutral tube
  - DISCARD

**MORNING OF COLLECTION:**
- Specimen must be collected immediately upon rising. Do not brush, floss, eat or drink anything other than water.
- Just prior to collection, thoroughly wash your hands with soap.

For more details, please visit www.gdx.net/tests/prep