

# Patient Guide

## Metabolomix+

#3200



Abnormal kidney function or use of diuretics may influence test results.



Do not collect if there is blood in urine, including menstrual or other blood.



Valproic acid, acetaminophen and berberine HCl are direct assay interferants for certain analytes.

### BEFORE YOU BEGIN

## Activate This Test

Visit [gdx.net/activate](https://gdx.net/activate) and enter the number found on the Activation Label Card included with this collection pack.

### STEP 1

## Plan Your Collection

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

### 4 Days before Collection

Consult your healthcare provider about stopping medications and supplements.

### 24-Hours Before Collection

Freeze freezer brick at least 8 hours.

Eat usual diet but avoid over-eating any single food or consuming an extreme diet.

Consume no more than six 8-ounce glasses of fluid over the 24 hours before collection.

### Night Before Collection

Fast overnight. Water is okay.

If collecting cheek swab, brushing and flossing are okay but do not use mouthwash.

### Morning of Collection

Do not practice normal oral hygiene, use mouthwash, eat, or drink anything other than water before collection.

Collect urine, cheek swab (if ordered), and bloodspot (if ordered) immediately upon waking.

### 24 Hours After Collection

Ensure urine tubes have been frozen and bloodspot card has dried for at least 24 hours before returning.

## STEP 2

# Specimen Collection

1. Review instructions from your healthcare provider at [gdx.net/activate](https://gdx.net/activate).
2. Write your date of birth (DOB) and the date of collection on the labels provided. Attach a completed label to each of the four urine tubes. Attach a completed label to the blood spot card and paper swab envelope if your healthcare provider has ordered those collection types.

Activate Online and RETURN THIS CARD  
GINKOWA  
Complete and provide to your healthcare provider  
or return to the address on the label

QR Code  
Scan QR code or visit [gdx.net/activate](https://gdx.net/activate)

Activate Here  
C402-658-680  
Date of Birth/Specimen Collection  
01/24/2021  
Date of Collection  
#234-567

Attach completed labels to each specimen container.

Attach labels to each of the four urine tubes. Attach a completed label to the blood spot card and paper swab envelope if your healthcare provider has ordered those collection types.

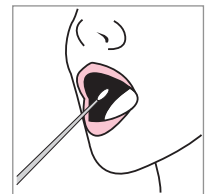
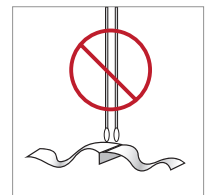
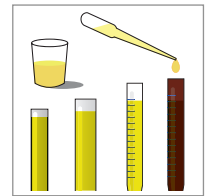
Return this completed card to your provider.

www.gdx.net/activate  
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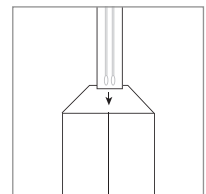
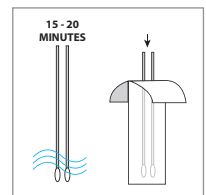
## Collect Urine

1. Collect your first morning urination in to a clean container (a large plastic cup works well). If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine in the cup, refrigerate, then combine with your first morning urination collection.
2. Stir, then transfer urine from the cup to each of the four tubes using the pipette. Continue to add urine until each tube is nearly full.  
*Avoid Contact with 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 a poison control center immediately.*
3. Recap the tubes tightly and shake.
4. Return the tubes and absorbent pad to the biohazard bag and freeze for at least 24 hours. The freezer brick must be frozen at least 8 hours.



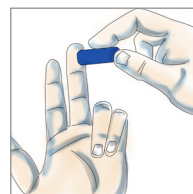
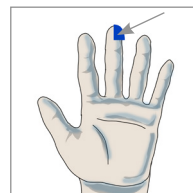
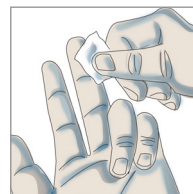
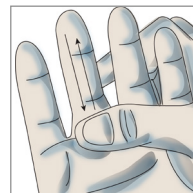
## Collect Cheek Swabs (if ordered)

1. Peel open the cotton tipped applicators 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 paper envelope.



## Collect Blood Spots (if ordered)

1. Wash hands with warm water for at least 20 seconds. Dry hands.
2. To improve circulation:
  - Hold your hand lower than heart level and gently massage the entire length of the middle finger for 30 seconds.
  - Firmly grasp the top knuckle of the middle finger for a few seconds.
  - Hang arm down and gently shake your fingers.
3. Clean the tip of your finger with the alcohol pad.
4. Remove clear cover from the lancet. One end has a small hole in the center; press that end firmly against the appropriate location on your middle fingertip (see image) to engage the lancet.
5. Using your thumb, gently massage the entire length of the pricked finger to form blood drops. Touch the tip of each drop to a circle on the collection card. Do not smear. It is important you do not touch your fingertip to the card. Continue until blood has soaked to the border of the circle.



6. Continue this procedure until all four circles are filled. If you are unable to get enough blood from the first collection, repeat this procedure with a different finger.
7. Allow the collection card to air dry 24-hours then return to the biohazard bag with absorbent silica pack. If the card is not completely dry, your sample may be unusable.

### STEP 3

## Return Collection Pack

1. Confirm that each tube has a completed label attached with date of birth and the date of collection. Place the frozen freezer brick and the biohazard bag with frozen tubes inside the foam insulator. Replace the foam lid.
2. If ordered, place the cheek swab envelope and the biohazard bag with bloodspot card and absorbent silica pack behind the foam insulator inside the cardboard box. Ensure that each specimen has a completed label attached.
3. Visit [gdx.net/activate](http://gdx.net/activate) to enter the date of your final collection and receive your confirmation code. Write the date of final collection and your confirmation code on the activation label card and place on top of the foam insert.
4. Seal the box inside the FedEx shipping bag, and drop off at an authorized FedEx location.

Learn more about return shipping at [www.gdx.net/shipping](http://www.gdx.net/shipping).

