**CHECKLIST (PRIOR TO SHIPPING)**

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

2. **Plasma Transfer Tube - Frozen**
   - Specimen should be frozen solid prior to shipping

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

6. **Prepare for Shipping**
   - Place plasma transfer tube into the silver bag with the frozen gel pack.
   - Place the blood tube into the biohazard bag and seal.
   - Place all the specimens into the shipping box and seal with the security seal.
   - Return to the laboratory by overnight shipment.

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**METHYLATION PANEL SPECIMEN COLLECTION INSTRUCTIONS**

**CLINICIAN BLOOD DRAW/PATIENT BUCAL SWAB INSTRUCTIONS**

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

- **Methylation Panel** - Blood
  - Code: #3534

- **Add-On Methylation Genomics** - Blood/Buccal Swab
  - Code: #3535

**Collection Materials for Blood**

- 4ml K3-EDTA lavender-top tube
- 6ml K3-EDTA lavender-top tube
- Neutral transfer tube
- Pipette

**Collection Materials for Buccal Swab**

- Cotton Swabs and Package
- Envelope

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**SPECIMEN LABEL SHEET**

Write on each label:
- Patient’s Name / Date of Birth
- Attach and label:
  - ALL TUBES
  - Envelope containing swabs
  - Front upper right hand corner of the Test Requisition

**TEST REQUISITION FORM**

Please fill out:
- Patient’s First/Last name
- Date of Birth
- Gender
- Date of Collection
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.

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

IMPORTANT PATIENT INFORMATION

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.

7. Complete patient survey using form included in pack or by going online at www.gdx.net/prc

BEDD COLLECTION

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

Blood processing note: Step 4 must be completed within 45 minutes after blood collection.

1. Freeze the gel brick over night and take it with you to the blood draw appointment.

2. 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.

3. DRAW BLOOD
   Start centrifuging within 10 minutes of blood draw.

BLOOD PROCESSING

4. 4ML LAVENDER-TOP K3-EDTA TUBE
   - Gently invert 5 times
   - Do Not Shake
   - Refrigerate - MUST NOT BE FROZEN
   RETURN TO LAB

5. 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

5. Once the plasma has been separated and transferred place the neutral tube in the silver bag with the gel brick and return the plasma to a freezer (within 45 minutes of blood draw) and freeze overnight before shipping.

REFER TO SHIPPING CHECKLIST ON THE BACK