

Patient Guide

METHYLATION PANEL

Methylation Panel #3534*

Add-On Methylation
Genomics #3535*

* Not Available in New York

SAM-e SAM-e supplementation and amino acid formulas may impact results.

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the included activation label card.



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

Check with your clinician whether it is necessary to discontinue medications/supplements.

Some clinicians choose to discontinue non-essential nutritional supplements to get a 'baseline' reading.

Some clinicians choose to continue nutritional supplementation to assess the efficacy of their treatments.

Night Before Blood Draw

Fast overnight. Water is okay.

Freeze freezer brick at least 8 hours.

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

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STEP 1 (Continued from previous page)

Plan Your Collection

Morning of Collection

If collecting cheek swab – 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.

Collect cheek swab (if ordered) immediately upon waking.

STEP 2

Specimen Collection











1. Write patient’s date of birth (DOB) and the date of collection on the labels provided. Attach a completed label to the tubes being returned to the lab. If ordered, confirm the cheek swab envelope has a completed label attached and is placed behind the foam insulator inside the cardboard box.



Blood Draw and Processing

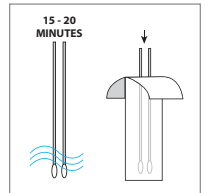
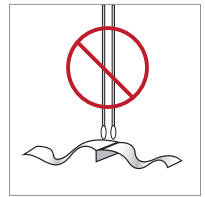
1. Clean the skin thoroughly with isopropyl alcohol before venipuncture, and use only stainless steel needles.
2. Draw blood.
3. Process blood using bench chart. Processing must be completed within 45 minutes of blood collection.

Bench Chart

TUBES	PROCESS	LABEL AND RETURN
 4 ml K3-EDTA Lavender-top Tube	 Gently invert 5 times Do not shake	  REFRIGERATE
 6 ml K3-EDTA Lavender-top Tube  Neutral Tube	 Gently invert the tube 10-15 times Centrifuge 15 min. at 3000 RPM Transfer plasma to Neutral Tube DISCARD USED TUBE	   FREEZE

Collect Cheek Swab (if ordered)

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 paper envelope.



STEP 3

Return Collection Pack

1. Confirm that each tube has a completed label attached with patient's date of birth and the date of collection. Place the frozen freezer brick and the biohazard bags with all tubes inside the foam insulator. Replace the foam lid.
2. If ordered, confirm the cheek swab envelope is sealed shut and has a completed label attached. Then place behind the foam insulator inside the cardboard box.
3. Retain a copy of the activation number for future reference using one of the three labels provided on the bottom of the activation label card.
4. Visit gdx.net/activate to enter the date of your final collection and receive your confirmation code. Write the date of collection and your confirmation code on the activation label card. Place the activation card inside the box.
5. 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.

