



## **DNA Test Collection Instructions**

Your practitioner has advised you to complete one of the below tests:

- DNA HEALTH PROFILE
- DNA DIET PROFILE
- DNA SPORT PROFILE
- DNA OESTROGEN PROFILE

This test kit / these test instructions are the same for each of these tests. Please make sure the correct test is selected on the Test Requisition Form (under the test menu).



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# Patient Check List

***Please read and understand the below requirements before you begin***

Verify You have all Kit Contents:

- 1 X Sterile cotton FLOQswab (for swabbing mouth)
- 1 x Zip lock specimen bag
- 1x Cardboard shipment box (please retain for shipping samples back)
- 1 x Test Requisition form
- 1 x Courier bag

Specimen Requirements: It is best to wash and dry hands with a clean towel.

It is best to collect the sample in the morning before brushing your teeth or eating and drinking.

**1.** Complete all areas of the Test Requisition Form. Make sure sample collection date/time, gender, and date of birth are filled in. Please print clearly.

**2.** Clearly print patient's name, date of birth, sample collection date, and gender on the plastic collection tube. Make sure the patient name is identical to the Requisition Form (no abbreviations or initials).

**3.** Uncap the top of the plastic container (as indicated on the perforated line) and take out the cotton swab.

**4.** Swab the inside of the cheek in the mouth by pressing the cotton swab against the inside of the **left cheek** and scrape in up-and downward movements, for about 30 seconds, you should press firmly enough that it is mildly uncomfortable.



Repeat this process for the **right cheek**.

**5.** Afterwards, carefully return the cotton swab to the plastic container and firmly close the lid.

**6.** Please fill your name, the sample collection date and your date of birth on the plastic swab container.

**7.** Place plastic swab container inside zip lock specimen bag and place bag inside cardboard shipping box along with the filled in requisition form.

**8.** Place shipping box into courier bag. The specimen is now ready for shipment.

**9.** Please call NZ Couriers on 0800 800 841 when sample is ready to be picked up. Tell the operator you have a 'pre-paid pick up', provide your address, and, for your convenience, check what time they will pick up.

- Place Courier Bag (and contents) in refrigerator until courier arrives for pick-up.

## These are worth double-checking!

Is the patient's name and date of birth identical on both the requisition form and the sample bag?

Did you complete all fields on the requisition form?

Have you completely sealed Ziploc Bag?

***If you are able to tick YES to all the above, your sample is ready to send!***



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