



# GENOVATIONS™

Predictive Genomics for Personalized Medicine

## Sample Collection Instructions

for Mouth Rinse and Blood Draw Specimens

### CHECK YOUR KIT

- 1 Lavender top tube (for blood draw only)
- 1 Blue-capped tube (for mouth rinse collection only)
- 1 1.5 oz bottle Scope® mouthwash (for mouth rinse collection only)
- 1 Label
- 1 Biohazard bag with absorbent pad
- 1 Insulated foil pouch
- 1 Requisition form (to be completed and signed)
- 1 Prepaid shipping envelope
- 1 Patient guide

● If you are missing any of the items, or if the tube is expired, *please* call Client Services at 828.253.0621.

● Keep the sample collection kit box for the specimen's return shipment to the lab.

### ● Monday-Thursday Shipments Only

The specimens must be shipped overnight delivery, *Monday through Thursday only.*

## Before You Begin

● GENOVATIONS™ profiles require either a **buccal** (mouth rinse) or a **blood draw** specimen. *Refer to the requisition to determine specimen requirements for the desired profile.*

### MOUTH RINSE COLLECTION (2 Day Collection)

The purpose of the mouth rinse procedure is to collect some loose cells in your mouth. It involves the use of Scope®. The provided Scope® **MUST** be used for this test. *Use of another brand of mouthwash may interfere with test results.*

- Brush your teeth the night before the test.
- DO NOT eat any food after you have brushed your teeth.
- Upon awakening for the day of collection, DO NOT brush your teeth, eat, or drink anything prior to the sample collection.
- **CAUTION** In case of accidental ingestion of Scope®, contact your healthcare provider at once.

*Not following these instructions may affect your test results*

## Mouth Rinse Collection Procedure

### DAY ONE

- 1 Write the time, date and patient's name on the label provided. Attach to the blue-capped collection tube.
- 2 Open bottle of Scope®. Using the Scope® bottle cap, pour 3 cap fulls into your mouth. (*Keep the remaining portion of Scope® for the Day Two collection.*)
- 3 Swish the mouthwash around in your mouth vigorously for no less than 60 seconds. Watch the clock while you do this. DO NOT shorten the time you swish the mouthwash.
- 4 Open the blue-capped collection tube. Spit the mouthwash into the tube then screw the cap on *tightly*.
- 5 Place the collection tube into the Biohazard bag, and store it in the sample collection kit box for use on Day Two.

### DAY TWO

- 1 Follow Steps 2 through 3 from Day One of the Mouth Rinse Collection.
- 2 Spit the mouthwash into the blue-capped tube, adding to the specimen from yesterday.
- 3 Screw the cap on *tightly* and place into the insulated foil pouch.
- 4 Place pouch into the Biohazard bag. Seal the bag securely.
- 5 When ready to ship, place the Biohazard bag with specimen in the sample collection kit box. Fill out the *Requisition* by completing all patient and billing information, including the date of last collection. Sign the form and place it back inside the sample collection kit box.

**Blood Draw Procedure & Shipping Instructions** on other side

# Clinical Blood Draw Procedure

- 1 Write the time, date and patient's name on the label provided.  
Attach to the lavender top tube.
- 2 Draw blood to fill lavender top tube.
- 3 Mix blood sample thoroughly by gently inverting the tube three times.  
DO NOT SHAKE.
- 4 Place the lavender top tube into the insulated foil pouch, then slip the pouch into the Biohazard bag and seal it securely. If unable to ship immediately, store the Biohazard bag in a refrigerator.  
DO NOT FREEZE.
- 5 When ready to ship, place the Biohazard bag with specimen in the sample collection kit box. Fill out the Requisition by completing all patient and billing information, including the date of last collection.  
Sign the form and place it back inside the sample collection kit box.

*Not following these instructions may affect your test results*

4

# Shipping

Call DHL's toll-free number, 800.247.2676, for a pick-up or the location of the nearest drop box where you can leave the kit.

Kits must be sent Monday-Thursday only to ensure delivery within 24 hours.

- ◆ Check that you have placed the following items in the sample collection kit box:  
Biohazard bag (with specimen in foil pouch)  
Requisition completed and signed.
- ◆ Close sample collection kit box, but DO NOT staple or tape
- ◆ Unfold the prepaid shipping envelope and print your name and address in the section marked "From." DO NOT mark or write in any other sections.
- ◆ Put the sample collection kit box into the envelope. Specimen must be returned in the sample collection kit box in order to be delivered to the lab for analysis.
- ◆ Keep your airbill number for future reference and tracking purposes.
- ◆ NOT following these instructions may result in a shipping charge.



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63 Zillicoa Street | 828.253.0621  
Asheville, NC 28801 | www.Genovations.com

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5

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