

Test Preparation

Important Prep Before Patient Takes Test

- Specimen must be collected immediately upon rising. Do not practice normal oral hygiene routine, do not eat or drink.

Prior to collection

- The night before collection, use your normal nightly routine of brushing and flossing of teeth, but do not use mouthwash.

Morning of Collection

- On the morning of collection, 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. Just prior to collection, wash your hands completely with hand soap.

Medications May Impact Results

Do not discontinue any medication without first speaking with your physician.

- 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

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
- If you are unsure whether to stop any medications or supplements, contact your healthcare provider

Night Before the Test

- Patients must fast overnight prior to the blood draw
- Freeze the enclosed freezer brick a minimum of 8 hours. Be sure to bring it along with the collection pack to your blood draw
- Brush and floss your teeth as you regularly would, but do not use mouthwash

Morning of Collection (If Genomics Add-Ons Were Ordered):

- Buccal swab specimen must be collected immediately upon rising. Do not brush, floss, eat or drink anything other
- Just prior to collection, thoroughly wash your hands with soap
- Collect as indicated on the instructions. Make sure to bring envelope containing the swabs with you to your blood draw