

# MTHFR BUCCAL SWAB GENETIC TESTING Collection Instructions

## COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

## **IMPORTANT NOTES**

- The night before collection, follow your normal nightly routine of brushing and flossing of teeth, **DO NOT** use mouthwash.
- This test should be performed on a **Monday -Wednesday ONLY**.
- 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** a little bit of water before specimen collection. **(please wait 45 minutes prior to collecting if you have consumed water)**
- **DO NOT BREAK HANDLE OFF INTO COLLECTION TUBE**

## KIT CONTENTS

Please check the contents of this kit. If items are missing OR you have any questions regarding this kit, please contact our Customer Service on 1300 688 522.

2 x Buccal Swabs	1 x Request form
1 x Biohazard transport bag	1 x Collection instructions
2X Collection labels for swabs	1 x Reply Paid Post Padded

*If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.*

**SPECIMEN COLLECTION:**

**1.** Prior to collection, please ensure that you have fasted overnight and have not brushed, flossed or had anything to eat or drink prior to the sample collection as this may contaminate the sample for analyses and a recollection may be required.

**2.** Label each buccal swab with the two collection labels provided. The minimum requirements for labelling are: patient first and last name, date of birth, date of collection and cheek of collection i.e. **Left** cheek or **Right** cheek. **IMPORTANT:** To ensure no delays in test results you **MUST** provide the requested information.

**3.** Peel open the plastic package that the swabs arrive in. Only peel back the package far enough to remove the buccal swab from the plastic packaging. Keep the plastic packaging intact. (See diagram below)



**4.** Carefully remove the swab applicator by gently twisting the plastic cap off. If done correctly, the swab will look like the diagram below. Take care to avoid contact with the cotton tip as this will contaminate the sample.



**5.** Open your mouth widely and insert the swab. For at least 30-60 seconds, aggressively scrape the inside of your **Left Cheek** using a back and forth, and up and down motion. Be sure to rotate the swab several times to ensure the swab collects a sufficient amount of cheek cells. **Note:** If there is not enough DNA collected on the applicator, a recollection will be required. (See diagram below)

**COLLECTION KIT**

**6.** After approximately 60 seconds, remove the swab from your mouth and repeat the above process for the **Right cheek**.

**7.** After you have successfully collected the two swabs, place the swab back into the plastic cap and then back into the plastic original packaging. Please ensure that you do not touch the cotton swab with your fingers. (See Diagram Below)



**8.** Place the two collected and sealed swabs into the sealable section of biohazard plastic bag. Ensure that these swabs have been labelled with patient details as requested in Step (2).

**9.** Ensure that the NutriPATH request form has been completed and placed into the non-sealable section of the biohazard plastic bag.

**10.** Complete the NutriPATH 'Patient Checklist Form' to ensure no delays in test results.

**11.** Place the biohazard bag into the Express Post (Reply Paid) envelope and immediately transport the samples to your nearest Australia Post outlet or Yellow Express Post bin.

*"Results will be forwarded to your referring practitioner between 5-8 working days"*