

# Metabolomix+

## BEFORE YOU BEGIN:

There are multiple samples requested for this testing and you will notice multiple collection containers. This page is designed to provide a high level overview of the collection process and requirements while each bag will contain very specific and detailed instructions.

## IMPORTANT THINGS TO KNOW AND CONSIDER

- **Testing is not available for patients less than 2 years old**
- **Female patients should not collect during menstrual period**

### 2 Days before the test

- **Discontinue** all of the following (unless instructed otherwise by your physician):
  - » **Supplements containing creatine, vitamin C or any mineral elements** measured on this test
  - » **Other substances that may influence urinary element excretion of elements**
  - » **Seafood** (unless asked to continue by your healthcare provider)
  - » **Continue** with the above food restrictions until your sample is completely collected

### 24 hrs before the test:

- **Eat** usual diet, but **avoid** over-consuming any single food or extreme diet
- Fluid intakes should be **limited to eight (8) 8-ounce glasses of fluid over a 24 hour period**

**BAG ONE** contains the collection instructions supplies needed to collect a

### **Blood Spot Essential & Metabolic Fatty Acid Profile**

*(note this may or may not be requested by your Health Care Provider, please see requisition form to determine if this collection is necessary. This is typically collected the morning of Day 1 and requires an 8 hour fast)*

**BAG TWO** contains the collection instructions and supplies needed to collect urine specimens for a **Metabolomix+**

*(note this requires an 8 hour fast and is typically collected the morning of Day 2) as well as collection instructions and supplies needed to collect a **buccal swab for genetic markers** (note this may or not be requested by your Health Care Provider, **please see requisition form to determine if this collection is necessary.** This is also typically collected the morning of Day 2)*



Call 800.522.4762 or visit our website at [www.gdx.net](http://www.gdx.net)

## ENSURE THE FOLLOWING:

### Blood spot card

- ☐ First and last name and date of collection are written on the bloodspot card
- ☐ Placed in resealable plastic bag with desiccant/moisture absorbent pack
- ☐ Completely dried (apprx 24 hours)

### All required information:

Can be completed online or using included paper forms

- ☐ All sections of **test requisition form** completed
- ☐ **Payment information provided**
- ☐ **All tubes, the card, and associated forms** placed back in the original Genova sample collection pack box prior to shipping

## SHIP THE SAMPLE(S) TO THE LAB

**Ship only Monday through Friday, and within 24 hours after final collection.**

Please refer to the shipping instruction insert found in your Genova sample collection pack box.



REGISTER FOR THE PATIENT RESOURCE CENTER AT [WWW.GDX.NET/PRC](http://WWW.GDX.NET/PRC)

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- Make payments
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# Metabolomix+ BAG ONE COLLECTION



## PATIENT SAMPLE COLLECTION INSTRUCTIONS FOR THE FOLLOWING PROFILE

**Metabolomix+ \***

**Add -on Bloodspot Essential & Metabolic Fatty Acids\***

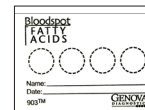
Bloodspot

#3202

## BAG ONE COLLECTION MATERIALS FOR SAMPLE



Lancets (2)



Bloodspot card

## REQUIRED MATERIALS

- Alcohol prep pad (2)
- Adhesive bandage
- Absorbent pad
- Resealable plastic bag with desiccant/moisture absorbent pack
- Genova sample collection pack box
- FedEx® Clinical Lab Pak and Billable Stamp

## IMPORTANT PREP BEFORE PATIENT TAKES TEST

### Night before the test

- Patients must fast overnight prior to collecting the bloodspot

PLEASE READ THE **BEFORE YOU BEGIN** SHEET INCLUDED  
BEFORE PROCEEDING TO COLLECTION

K-GDX-103

\* Not available in New York

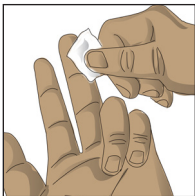
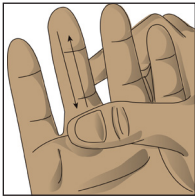
If any items are missing or expired, or liquid is spilled, call Client Services at 800.522.4762 and press "1"

BLOOD SPOT COLLECTION

- 1 Write **first and last name** and **date of collection** on the blood spot card
- 2 **Wash** hands with warm water for a minimum of 20 seconds. **Dry** hands.

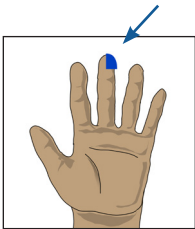
To improve circulation;

- **Hold** your hand lower than heart level and **gently massage** the entire length the middle finger for 30 seconds.
- Firmly **grasp** the top knuckle of the middle finger for a few seconds to restrict return circulation.
- **Hang** arm down and **gently shake** your fingers a few seconds to increase blood pools in the finger.



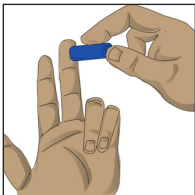
- 3 **Clean** the tip of your finger with the alcohol pad.

- 4 **Remove** the clear cover from the lancet. One end of the lancet has a small hole in the center; this will be the end that you press firmly against your finger to engage the lancet.

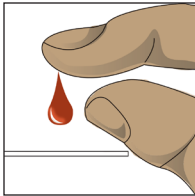


- 5 **Locate** the appropriate site on the middle fingertip (see image).

- 6 **Place** the hole-end of the lancet firmly against your fingertip to **depress** the tip and release the lancet. The lancet will immediately retract safely after depression.



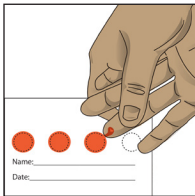
- 7 Using your thumb, **gently massage** entire length of the pricked finger to form repeated blood drops. As each drop forms, touch the tip of the drop to a circle on the collection card. **Do not smear. Do NOT touch fingertip to card!!**



- 8 **Repeat** until blood **has soaked to the border of the circle** on the collection card. Continue this procedure for all four circles.

*If you are unable to get enough blood from the first collection, repeat this procedure with a different finger.*

*If necessary, use the absorbent pad to dry the site on your finger after your collection. Use the enclosed adhesive bandage as needed.*



- 9 **Allow** absorbent collection card to air dry overnight, **approximately 24 hours, before placing in the resealable plastic bag** with desiccant/moisture absorbent pack for shipping. **If the card is not completely dry, your sample may be unusable.**

AVOID:	CONFIRM:
Layering blood on a previously dried spot	Blood should saturate through both sides of the card
Smearing blood onto the card	Requisition is properly completed and signed
Touching the surface of the card with fingers	Dried card is in zip lock bag with desiccant
ACCEPTABLE COLLECTION CARD EXAMPLE	UNACCEPTABLE COLLECTION CARD EXAMPLE:

## ENSURE THE FOLLOWING:

- ☐ **Labels completed** with **patient's date of birth** are on all tubes as well as the test requisition form

### All tubes:

- ☐ Are tightly closed
- ☐ Sealed in the biohazard bag with absorbent pad
- ☐ Frozen until packaged for shipping

### Swabs (ONLY FOR GENOMICS ADD-ONS):

- ☐ Swabs in the package and in the envelope

### All required information:

Can be completed online or using included paper forms

- ☐ All sections of **test requisition form** completed
- ☐ **Payment information provided**

- ☐ **All tubes and associated forms** placed back in the original Genova sample collection pack box prior to shipping

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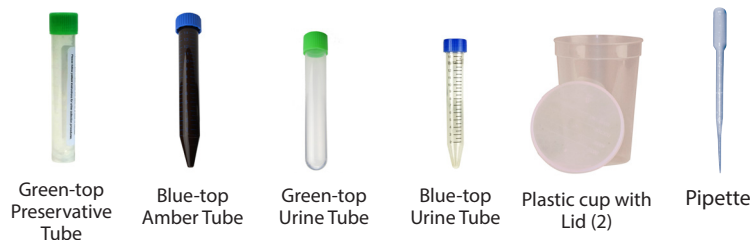
## Metabolomix+ BAG TWO COLLECTION

### PATIENT SAMPLE COLLECTION INSTRUCTIONS FOR THE FOLLOWING PROFILE(S)

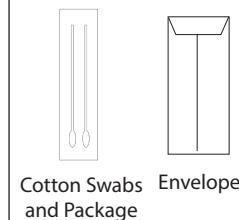
<b>Metabolomix+*</b>	Urine	#3200
<b>Add-on Toxic Clearance Profile*</b>	Urine	#3203
<b>Add-on Comprehensive Urine Elements*</b>	Urine	#3204
<b>Add -on SNP - APO E (C112R + R158C)</b>	Buccal Swab	#5204
<b>Add -on SNP - MTHFR Combined (A1298C + C677T)</b>	Buccal Swab	#5201
<b>Add -on SNP - TNFA</b>	Buccal Swab	#5203
<b>Add -on SNP - COMT (V158M)</b>	Buccal Swab	#5202

### BAG TWO COLLECTION MATERIALS FOR SAMPLE

#### COLLECTION MATERIALS FOR URINE



#### FOR SALIVA



### REQUIRED MATERIALS

- Foam Insulator box
- Freezer brick
- Absorbent pad
- Test requisition form
- Biohazard bag
- Genova sample collection pack box
- FedEx® Clinical Lab Pak and Billable Stamp
- Collection labels (5)

### IMPORTANT INFORMATION BEFORE YOU BEGIN THE URINE AND SALIVA COLLECTION

#### URINE COLLECTION

##### 24 HOURS BEFORE THE TEST:

- **Eat usual diet**, but avoid over-consuming any single food or extreme diet
- **Fluid intakes** should be limited to eight (8) 8-ounce glasses of fluid over a 24 hour period

##### NIGHT BEFORE THE TEST:

- **You must fast** overnight prior to your urine/swab collection
- **Females** should not collect urine during a menstrual period
- **Freeze** the enclosed freezer brick overnight before shipping.
- Please note, patients **may not** be treated with provocation agent for purposes of testing.

##### Urine Tube Preservative

- **Avoid** contact with the skin and eyes. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. If ingested, contact poison control center immediately.

#### SALIVA COLLECTION (ONLY FOR GENOMICS ADD-ON TESTING)

##### NIGHT BEFORE THE TEST:

- **Use** your normal nightly routine of brushing and flossing of teeth, but **do not use mouthwash**

##### MORNING OF COLLECTION

- **Specimen must be collected immediately upon rising. Do not** practice normal oral hygiene routine, **do not eat or drink anything other than water.**
- Just prior to collection, **wash hands** completely with hand soap

## URINE COLLECTION

- 1 Label all tubes with the patient's date of birth. Do not discard tube fluid.**

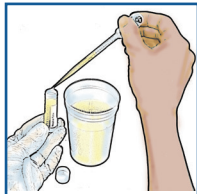
- 2 Write patient's first and last name, date of birth, gender and date of collection on the Test Requisition Form.**

[illegible]

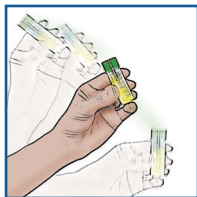
- 3 If you wake up to urinate during the night** (within six hours of waking) **collect** that urine into one of the provided urine cups (3/4 full), place lid on cup then refrigerate. **Upon waking, collect** your urine into the second urine cup (3/4 full), and pass any additional urine into the toilet. **Mix** the two urine collections back and forth between the 2 cups to achieve a uniform mixture.



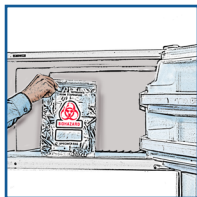
- 4 Use** the pipette to transfer urine from the collection container into the Green-top Preservative Tube, Blue-top Urine Tube, Blue-top Amber Tube, and Green-top Urine Tube until all are nearly full.



- 5 Recap** the tubes tightly and **shake**.



- 6 Place** the tubes into the biohazard bag labeled BAG ONE and **freeze** for a **minimum of 2 hours**.



### SALIVA COLLECTION (ONLY FOR GENOMICS ADD-ON TESTING)

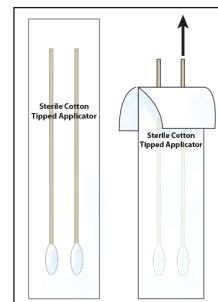
- 1 Keeping the packet intact, peel open the package**  
labeled, "Sterile Cotton Tipped Applicator."  
**Only peel back the package far enough**  
**to remove the cotton swab applicator.**

- 2 Remove** one applicator.  
*Avoid contact with the cotton tip.*



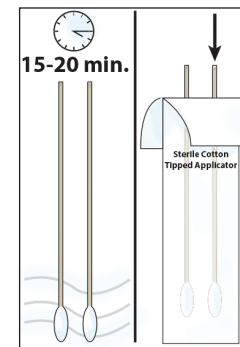
- 3 Open** your mouth widely and insert applicator. For at least 30 seconds, **aggressively scrape** the inside of your cheek using a back and forth, and up and down motion. **Rotate** the applicator several times, and **swab** between the cheek and gums. Avoid excessive saliva.

**Note:** Follow these instructions carefully to ensure the swab collects a sufficient amount of cheek cells. If there is not enough DNA collected on the applicator, a recollection will be required.



- #### 4 REPEAT FIGURES 2 - 3 WITH SECOND SWAB

- 5 Allow** swabs to air dry for 15-20 minutes, then replace them (swab first) into the swab applicator package.



- 6 Print** Full name, collection date, and date of birth on specimen collection label. **Place** the specimen collection label on the envelope.

- 7 Insert** swab applicator package into the letter envelope and seal. Deliver the envelope, along with the frozen bag containing urine sample, to your healthcare provider's office.

