

GENOVA GENOVATIONS INSTRUCTIONS

(Cardiogenomic, Detoxigenomic, Estrogenomic, Immunogenomic and Neurogenomic)

STEPS	INSTRUCTIONS
Cost:	Cost is \$ _____ out of pocket, after insurance.
Billing and Invoicing Questions:	<ul style="list-style-type: none"> • Contact Genova at 1-800-522-4762 (option 2) • If you are mailed a Yellow invoice: Disregard • If you are mailed a Blue invoice: Contact Genova
1) PREPARATION <i>(prior to collection)</i>	<ul style="list-style-type: none"> ✓ Night before collection: Follow your usual nightly routine; tooth paste, mouth wash and flossing are all acceptable. ✓ Continue medications as prescribed.
2) DAY of COLLECTION	<ul style="list-style-type: none"> ✓ Morning of collection: Do NOT eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco products, or coffee products. ✓ Peel open the package envelope ONLY for enough to remove the cotton swab applicator. KEEP THE PACKET INTACT. ✓ Remove one applicator – avoid contact with the cotton tip. ✓ For at least 30 seconds, aggressively scrape the inside of one cheek using a back and forth, and up and down motion. ✓ Swab between teeth and gums. ✓ Remove cotton swab from mouth and allow to dry for 15-20 minutes. ✓ Place the cotton swab back in the original envelope – cotton swab first. ✓ Repeat steps 3-6 with the second cotton swab on the opposite cheek.
3) PREPARATION of SPECIMIN for SHIPMENT	<ul style="list-style-type: none"> ✓ Place the envelope containing the cotton swabs into the letter envelope. ✓ Label the letter envelope. ✓ Be sure to include the requisition and payment.
Results:	<ul style="list-style-type: none"> • You can access results by going to gdx.net. Results will be available for your viewing 10 days after results have been posted. All results will be discussed at your follow-up appointment.