

## GENOVA GENOVATIONS INSTRUCTIONS

(Cardiogenomic, Detoxigenomic, Estrogenomic, Immunogenomic and Neurogenomic)

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