

GENOVA ADRENOCORTEX STRESS PROFILE INSTRUCTIONS

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"> ✓ Plan to ship the specimen Monday-Friday OVERNIGHT DELIVERY ONLY.
2) DAY of COLLECTION	<ul style="list-style-type: none"> ✓ One hour prior to collection, do not eat, brush or floss your teeth, use mouthwash or chew gum, or use any tobacco products. You may rinse mouth with water ONLY during this time. ✓ On the day of collection, wake up between 6:00am and 8:00am. ✓ Collect 4 saliva samples per the following schedule: <ul style="list-style-type: none"> (a) Morning: 1 hour after rising for the day (use label #1). (b) Midday: 11:00am-1:00pm (use label #2). (c) Afternoon: 3:00pm-5:00pm (use label #3). (d) Late Night: 10:00pm-12:00am (use label #4). ✓ When ready to collect saliva, rinse your mouth with water. ✓ Fill each collection tube until liquid saliva reaches the 3mL mark. ✓ Place each tube as completed into the freezer.
3) SHIPMENT of COLLECTION	<ul style="list-style-type: none"> ✓ Once all tubes have been in the freezer for a minimum of 2 hours, keep samples in the freezer until ready to ship. ✓ Place all tubes and the white pad into the provided biohazard bag. ✓ Place into the clear box. ✓ Be sure to include the requisition and payment. ✓ Ship completed kit using the pre-labeled, prepaid FedEx package provided in the kit. You can call FedEx to have the kit picked up. Call 1-800-GoFedEx (1-800-463-3339) to schedule shipping. When asked "How may I help you?" Respond "Schedule pick-up". Tell the FedEx representative you are using a "billable stamp."

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	✓ Send via your scheduled pick up time from FedEx.
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.