

Instructions for collect saliva sample and preparation sample transport

For genetic testing, a saliva sample is required, from which it will be extract the DNA needed for further analysis

I. Before collecting, the same day, NOT:

- Perform dental treatments.
- Use lipstick or similar products

- 60 minutes before, NOT:

- Eat
- Drink (other liquids other than water)
- Wash your teeth
- Smoking
- Chew the rubber

- Check the component of the saliva collection kit:

- Collection tube with cap
- Funnel
- Two “Consent Forms informed genetic testing”
- Collection instructions

II. Saliva collection, stages to be performed:

- Rinse mouth slightly with water
- Relax and massage your cheeks (about 10 times) to help release saliva.
- Unscrew the tube cap and place it in a safe place to use it at the end.
- Screw the storage tank with the preserving liquid in place of the opened cover.
- Keep the tube in position in the vertical position.
- Open the flap cap without pulling the silver band.
- Spit in the funnel until saliva (without bubbles) reaches the first line (1ml) from the bottom.
- Close / press the flap cap until you hear a click.
- Pull the silver strip that releases the preserving liquid, like it is mixed with saliva.
- Remove the switchgear. You will not need or need any more returned
- Close the tube using the lid, make sure it is tightly closed.

- Homogenize the saliva with the preservative substance by moving the tube upwards and down vertically, at least 10 times.

III. Saliva sample identification

In the Collection kit you have 3 labels with the same barcode:

- One of the labels is stuck on the collection tube.
- The other 2 labels are stuck on the two "Consent informed genetic testing ",

Please check that all three labels have the same numeric code.

IV. Preparing documents and organizing sample transport to laboratory

- The person who is going to do the genetic test must sign the document "Consent informed genetic testing", it representing the consent of the test person to conduct DNA analysis.
- Put a signed copy of the "Informed Consent genetic testing " in the kit of the collection kit, together with the sample collected.
- Keep the collection kit with the sample collected at it, at room temperature.
- Tell the GenetX representative that the sample was collected, to organize transport to the lab.

The test results are received approximately 7-8 weeks after sample collection.

THE GENETIC TEST IS DONE ONCE IN LIFE!