



Important Tips

- Do not eat, drink, smoke, or chew gum for 30 minutes before collecting your sample
- Wash or sanitise your hands before starting
- Ensure the tube is sealed tightly
- Follow all steps exactly as shown

HOW TO COLLECT YOUR SAMPLE



STEP 1

Open the package and remove the collector without touching the sponge tip.

Place the sponge as far back in the mouth as comfortable and rub along the lower gums (see close up image) in a back and forth motion.

Gently rub the gums 10 times. If possible, avoid rubbing the teeth.



STEP 2

Gently repeat rubbing motion on the opposite side of the mouth along the lower gums for an additional 10 times.



STEP 3

Hold the tube upright to prevent the stabilising liquid inside the tube from spilling. Unscrew the blue cap from the collection tube without touching the sponge.



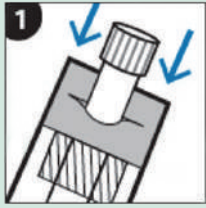
STEP 4

Turn the cap upside down, insert the sponge into the tube and close the cap tightly.



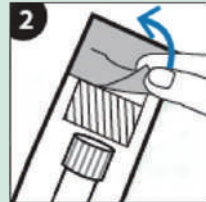
STEP 5

Invert the capped tube and shake vigorously 15 times. Write your full name, date of birth and date of collection on the tube in pen prior to packaging your sample.



PACKAGING YOUR SAMPLE

1. Place the tightly capped tube into the bio-specimen bag.
2. Remove the tape liner.
3. Fold over and seal the adhesive strip securely.
4. Post the sample along with the completed intake questionnaire within 3 days of collection, utilising the reply paid satchel at your nearest Express Post collection box.



What Happens Next

Your kit includes an intake questionnaire and a section to nominate the General Practitioner (GP) or psychiatrist you would like your test results sent to.

Report Sent to Your Doctor

Once your sample has been analysed, your report will be sent to your nominated GP or psychiatrist, and you will be notified by email.

Book Your Consultation

You can then schedule an appointment with your GP to review the results of your personalised PGx report. If you do not have a preferred GP we can arrange for one of our physicians to deliver your results for an additional fee.

Please allow for 2–3 weeks from receipt of your returned sample to report delivery. If you have not heard within 3 weeks of returning your kit, please contact us through the contact details listed below.

Need Help?

If you have any questions or concerns about your test or the collection process, please contact us Monday to Friday 9am-5pm on (07) 5220 8793 or online via our QR code.

