



TEST COLLECTION INSTRUCTIONS

SALIVA

DNA Health | DNA Diet |
DNA Sport | DNA Oestrogen |
DNA Mind | DNA Skin |
MedCheck



Dear patient,

Congratulations on taking this positive action for your health!

These instructions contain everything you need to know about collecting your sample. Please make sure you read them carefully before planning your collection.

For more information & FAQs on conducting your test, please visit www.RNLabs.com.au and click on **Patient Resources**.

If you have further questions relating to billing or shipping, you can contact us during business hours (AEST) by calling 1800 110 158 or email Testing@RNLabs.com.au and we will be happy to assist.

Please note, we are unable to assist you with questions relating to your healthcare, such as why you have been prescribed this test. Please contact your practitioner for any such questions.

Thanks for your understanding.
The RN Labs Team



STAGE 1: Check Kit Contents

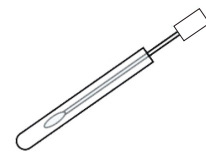
Please check you have each item. (If you are missing any kit contents, please call RN Labs on 1800 110 158.)



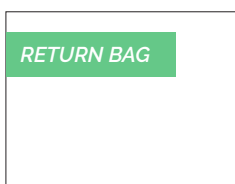
Kit Box



Requisition Form

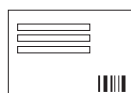


Sterile Cotton FLOQ Swab

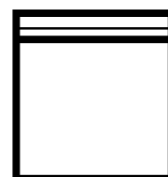


Return Satchel

+



Return Label



Zip Lock Specimen Bag



STAGE 2: Prepare for the Test

- BEFORE YOU START: Schedule collection so that the sample is collected on a Sunday, Monday or Tuesday, and mailed immediately after collection. Do not send sample on any other day of the week.
- Please read all of the instructions carefully before beginning.
Consult your practitioner for specific instructions regarding medications.

DISCONTINUE THE FOLLOWING



1 hour

DO NOT brush your teeth, eat or drink anything 1 hour before collection.

OTHER INFORMATION

Please collect sample
first thing in the morning
(before consuming anything)

Keep the cardboard Kit Box
for return shipping
of samples



STAGE 3: Collect Sample

BEFORE YOU BEGIN: Wash and dry your hands.

Step 1

COMPLETE REQUISITION FORM

Incomplete forms will result in sample rejection.



Step 2

LABEL PLASTIC COLLECTION TUBE

Print clearly to match the Requisition Form.

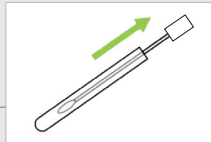


Include Patient's **Name**, **Date of Collection** and **Date of Birth**.

Step 3

UNCAP THE PLASTIC TUBE

Remove the cap as indicated on the perforated line and take out the cotton swab.



When removing swab from tube, do not touch the white head with fingers or surfaces.

Step 4

SWAB THE INSIDE OF THE LEFT CHEEK

Press the cotton swab against the inside of the **LEFT** cheek and scrape up and down firmly for 30 seconds.



Press **firmly** enough that the pressure is mildly uncomfortable. (cheek cells are required, not necessarily saliva)

Avoid touching teeth with swab.

Step 5

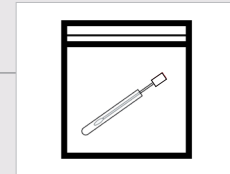
REPEAT ACTIONS IN STEP 4 FOR RIGHT CHEEK



Step 6

CAREFULLY RETURN COTTON SWAB TO PLASTIC TUBE

Firmly close the lid and place tube inside Zip Lock Bag.



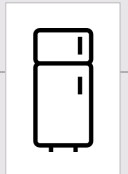
Ensure bag is completely sealed.

Step 7

HANDLING BEFORE SHIPPING

Arrange shipping of sample as soon as possible.

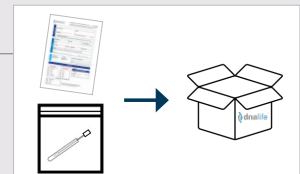
However, if not shipping immediately, sample must be stored in the fridge. **DO NOT FREEZE.**



Step 8

PREPARE FOR SHIPPING

Place Requisition Form and sealed Zip Lock bag with specimen into Kit Box.





STAGE 4: Send to RN Labs

CHECK BEFORE PACKING TO AVOID THE SAMPLE BEING REJECTED.

Sample rejection means you will need to re-collect your sample at an additional cost of \$50.

- Ensure that all sample collection and storage requirements have been adhered to correctly.
- Ensure all fields on **Requisition Form** and **Collection Tube** are correctly labelled.
- Please note that RN Testing is closed from mid December to the first week of January. Do not post samples during this time.

1. Ensure that the sample is collected on a Sunday, Monday or Tuesday and sent immediately after collection. Do not send samples on any other day of the week.
2. Ensure Kit Box is placed inside the Express Post Satchel and satchel is sealed.
3. Drop off the Satchel at your local post office (NOT post box) between 2-5pm on a Mon-Tues.