



Sample collection guidelines for the MTHFR gene test, COMT gene test or the MTHFR and COMT gene combo test.

Before collecting the samples please fill out a test requisition form for the person undergoing the test. If there are more than one of you undergoing the test then fill out separate forms. Fill out the patient information section and then list current medications. The test panel/genetic marker has already been selected for you. Now follow the instructions below to complete the cheek swab test.

To collect samples please follow these instructions carefully:

1. Use household cotton swabs (like the ones used for cleaning ones' ear).
2. Cut one end of each cotton swab and discard. Use the other cotton end to collect your cheek cells. Make sure to brush inside your cheeks hard, like how you brush your teeth, rub in a circular motion for 20 seconds with each swab. Use 3 swabs for one side and 3 swabs for the other side of your cheek. Collect the swabs one at a time. Make sure to collect at least 6 cotton swabs per person.
3. Hold each swab and shake it in the air for a couple of minutes to dry the swab. You can also place them onto a towel and wait for them to properly dry but do not rub the swabs with anything to try and dry them.
4. Once the swabs are dried, put them in an envelope with the completed form. The swabs must not be put into a plastic bag, wrapped in cling film or put in tin foil, they only need to be put into an envelope with the completed form. It does not matter if the dried swabs are touching the envelope or the form. The DNA dries and will remain in the swab. A reagent is used to separate the DNA from anything else on the swab.
5. **Be sure that each person's swab (if there is more than one person) will go into a different envelope. Do not mix the swabs from different people.**
6. Write the name of the person on the envelope which contains their swabs and also sign it. For young children etc please sign for them.
7. Put the signed and sealed envelope or envelopes (if there is more than one person) into a second larger postal envelope and add to the front of the envelope the address below:

**Kashi Clinical Laboratories, Inc.
10101 SW Barbur Blvd
Portland, OR 97219
USA**

8. Post at your nearest post office. The sample is sent directly to the laboratory in the USA and not to mindovermetal's address.

Please contact mindovermetal if you have any questions.