

TEST KIT INSTRUCTIONS
MTHFR Gene Test
Cheek Cell Specimen Collection

Test Kit Information

You are about to do a Healthscope Functional Pathology MTHFR Gene test, designed so that you can collect specimens in the privacy of your own home. This test requires two (2) cheek cell specimens which are collected at the same time. Please follow the steps below in sequence, and then tick the checklist when you have completed your test. The test kit instructions contain all the information you need to successfully complete this test.

Test Kit Contents:

- Two swabs
- Clear plastic specimen bag
- Reply Paid Envelope

Note: Specimens must be collected on a Monday, Tuesday or Wednesday to ensure they are returned by post to Healthscope Functional Pathology before the close of business on Friday.

PREPARATION FOR THE TEST

- Collect specimens on rising between 6.00am and 8.00am
- Prior to sample collection, please ensure that you have not had anything to eat or drink for at least 15 minutes

STEP 1

- Print your name, date of birth and address on the specimen packaging
- Peel open the specimen kit away from bristles
- Remove and hold the brush by its handle
- Place bristle head against the inside of the cheek and gums and collect the cells while moving the swab up and down the cheek and twirling vigorously for approximately 15 seconds
- Wave the brush in the air for 15 to 30 seconds to air dry before inserting back into the labelled envelope
- Repeat this procedure, using the second brush on the opposite cheek
- Place both cheek swabs back inside the package and put the package into the sealed section of the clear plastic specimen bag
- If the specimens are not being mailed immediately, keep them cool in the refrigerator

STEP 2 - RETURNING SPECIMENS TO HEALTHSCOPE FUNCTIONAL PATHOLOGY

- Put the package and the practitioner request form into the Reply Paid Envelope. Seal it and post immediately. Note: a stamp is not required if posted in Australia

STEP 3 – PAYMENT

All Healthscope Functional Pathology tests must be prepaid when ordered. A packaging and postage fee applies per order.

- If you have not already paid for this test, payment must be made by attaching a cheque or money order, or enclose Visa or MasterCard details on the practitioner request form
- Enclose your payment with the practitioner request form in the unsealed section of the clear plastic specimen bag

CHECKLIST

Tick each of the following to ensure you have completed this test correctly

- Collect two (2) cheek cell specimens
- Write your name, date of birth and address on the specimen packaging
- Place the Practitioner Request Form and the collected cheek swabs in the reply paid envelope
- Post the reply paid envelope immediately

Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.