

Your test results will be delivered to your healthcare practitioner within 4-5 weeks after being received at Mosaic Diagnostics.

It will be up to your healthcare practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps. Mosaic Diagnostics personnel cannot discuss test results directly with patients or their family members.

For online instructions use the QR code or visit [mosaicdx.com/instructions](https://mosaicdx.com/instructions)



## Collection Instructions: Saliva DNA Methylation Pathway Profile

Your practitioner has requested that you perform this test because DNA analysis is a tool that enables clinicians to identify single-nucleotide polymorphisms (SNPs) that can affect critical biochemical pathways like methionine metabolism, detoxification, hormone balance, and Vitamin D function. Mosaic Diagnostics is here to help you take the next step.

### Test Kit Contents

Start by identifying these elements of your test kit.

If you are missing or have expired components contact Mosaic Customer Service at 800-288-0383.



Test kit box



Four cotton tipped applicator swabs (in 2 sleeves)



Informed Consent Form



Swab collection return envelope



Shipping laboratory pak (or purple bubble mailer)

### Before You Start:

Complete the Informed Consent Form.

Ship your sample on a Monday through Thursday (outside the US Mon or Tues). If you collect on the weekend, hold until Monday to ship.

## Let's Get Started

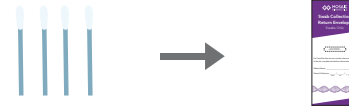
Complete the information on the barcode sticker AND on the envelope by writing the patient name, date of birth, and collection date. Place the barcode sticker on the envelope, ensuring information written on the envelope is visible. Use blue or black ink from a ball-point pen – do not use felt-tipped pens or dry-erase markers. **Note: Unlabeled samples will be rejected.**

- 1 Rinse your mouth with cold water before collection of your sample.
- 2 Each paper sleeve contains two swabs. A total of four swabs are to be collected. Open one of the sleeves and remove one swab at a time. Keep the paper sleeve to return the swab after collecting.
- 3 Swallow to remove excess saliva. Using a circular motion, rub the swab on the inside of one cheek about 20 times, with enough pressure so that the cheek is pushed outward.
- 4 Gently wave the swab through the air to dry it for 3 minutes. Then place the swab back into the sleeve and remove the second swab from the same sleeve.
- 5 Repeat steps 4 and 5 using the same cheek side.
- 6 Open the second sleeve and repeat the same process using the other cheek side for both of those swabs.

## Preparing the Package

1

Place the two sleeves containing the dried swabs in the swab collection return envelope and seal.



2

Place the swab collection return envelope with the dried swabs in it, and the completed Informed Consent form into the laboratory pak (or purple bubble mailer) and seal.



3

**Locate the shipping instruction card** included in your test kit for details on how to ship your collection(s).

## Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



**Phone** | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



**Email** | [CustomerService@MosaicDX.com](mailto:CustomerService@MosaicDX.com)