

Specimen Requirements and Logistics

Physicians

Step 1: Discuss with patient

- Would like to do a genetic test to see if you are at a higher risk for (cardiovascular disease, pulmonary disease, diabetes, Parkinson's or any other neurodegenerative disease, Alzheimer's, dementia, cancer). It would be a simple buccal swab (explain). We will receive a results report at the office and then we can discuss the results.
- OR: would like to do a drug interaction test because (explain; for example: you are on hydrocodone and Xanax, but you still suffer from anxiety. Maybe your body does not metabolize the Xanax. This simple test will tell us. If there are any drugs that you are taking and they are not metabolized properly, they not only work as they should, but they may cause more adverse reactions also. It would be a simple buccal swab (explain). We will receive a results report at the office and then we can discuss the results, and change medication if indicated.
- Your insurance (straight Medicare and Medicare advantage plans such as Humana and UHC) will cover the cost of this test. Only if you still need to meet your deductible, you may receive a bill (max. \$300-\$400) from the laboratory. Just bring in the bill to us and we will take care of it.
- Ask permission: You ready? Let me get the swab...

Step 2: Select correct requisition form

Step 2a: Select correct LAB:

- We currently work with 3 labs: PHAROS, TX, and DTR:
 - PHAROS:
 - o Straight Medicare ONLY, especially CARDIO
 - TX Diagnostics:
 - o Straight Medicare ONLY, PGX (drug interaction test)
 - DTR:
 - o For ALL Medicare ADVANTAGE plans.
 - o For ALL Commercial plans
 - o For straight Medicare if CANCER
- Straight Medicare = Medicare Part

Step 2b: Select correct requisition form:

- Select the PGX (drug interaction form), cardio, cancer, diabetes, PAD, or pulmonary form as indicated.

Step 3: Swab and deposit

- Perform swab. Make sure you have plenty of saliva. Put swab in test tube and close tightly.
- Write patient name AND DOB/DOS on label on tube.
- Fill out patient name on requisition form.
- Ask patient if data can be used for research or not, and check box as applicable.
- Have patient sign the requisition form.
- A designated person will fill out the rest and complete the form for you.
- Place test tube and requisition forms in designated place in lab (for designated person to collect).
- Tell patient that results may take 6-10 weeks.
- Results are available through a portal.

Designated person:

Saliva / Buccal Swab:

- Saliva / buccal swab specimens can be sent at ambient temperature.
- Express delivery is recommended such that the samples need to arrive within 72 - 96 hours from sample send-out. Our labs provide pre-paid Fedex or UPS shipping bags.
- Proper specimen storage is important prior to sample send out.

Paperwork Preparation:

All requisition forms must be filled out correctly and signed. They must include patient's:

- First and last name
- DOB and genetic sex
- Address and phone number

- Provider information including the NPI
- Primary contact information
- Signature and date of the patient and the provider as well as sample draw date and type
- In the billing section, make sure the ICD-10 Valid Code section is filled out
- Patient's insurance and complete notes

Test Kit Preparation:

Please prepare the kits for shipping in the following manner:

- Place the completed requisition form along with complete notes and insurance on each patient inside the open insert of a Bio-hazard bag (if the insert is not available, place paperwork inside bag instead).
- Confirm the tube is filled, and place a label including patients name, DOB, DOS on the tube. It is important to make sure the information matches the patient's information listed on the paperwork.
- Place tube inside of a Bio-hazard bag, and completely seal the bag. Label the bag with the client's full name, date of birth, and date of service. Please make sure the information matches the patient's paperwork.
- Example below for correct labels:
 - Doe, John
 - DOB: 0/14/1945
 - DOS: 04/01/2020
- Once all information has been verified, and all test kits have been packaged properly, place them in the provided shipping bag, and ship immediately (or drop-off if local).

*Following these guidelines will ensure all tests are tested properly and results are delivered in a timely manner. *