



MyDNA *Clinic*

Empowering Predictive Healthcare

How to use guide

Getting prepared to take
your DNA sample

How to take DNA
saliva sample

Activating & posting
your sample



Save time



Accurate results



Confidential



Trusted

For more help email us helpme@customer care.expert
www.mydna.clinic

Step 1 - Getting prepared to take your DNA sample

Check that you have all the parts for your DNA tests before you start



1 x Funnel

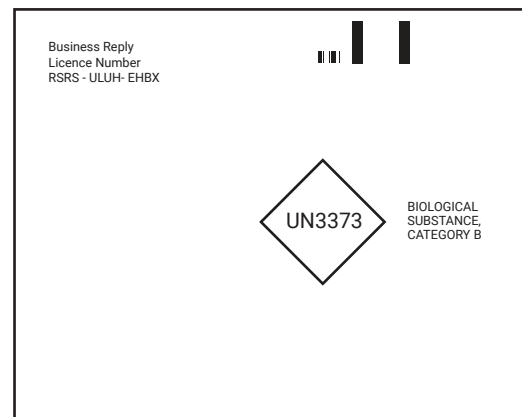


Your test barcode number

1 x Tube

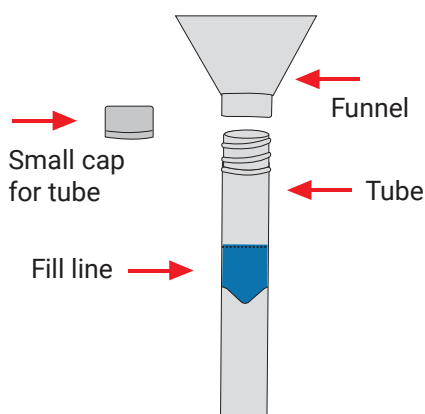


1 x Transport Pack



Return Packaging to Lab

Before you start please read the warning and handing instruction of your saliva sample collection tube



Intended use: For the collection of human DNA from saliva samples only.

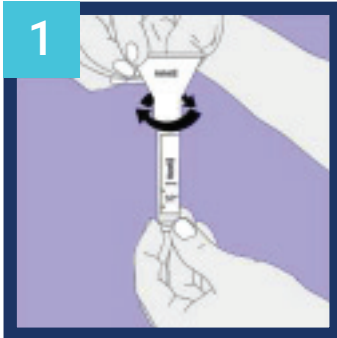
Contents: Tube contains stabilizing liquid.

Warnings and precautions: Wash with water if stabilizing liquid comes in contact with eyes or skin. Do NOT ingest. Small cap may pose a choking hazard.

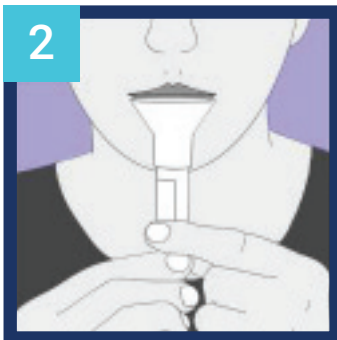
Storage: 15°C \ 30°C

Step 2 - How to take your DNA sample and fill the collection tube

Read all instructions prior to filling the collection tube



- Remove the collection funnel and tube from the pack.



- Spit into the funnel until the level of the liquid in the tube, not including bubbles, reaches the 2ml line.
- Delivery of saliva will take between 2 and 5 minutes.



- Unscrew the collection funnel and replace the tube cap tightly.
- Discard the funnel.



- Shake the collection tube several times to mix the saliva with the solution.
- STORE AT ROOM TEMPERATURE AFTER COLLECTION

Step 3 - Activate and send us your DNA sample

3A - Log into your account and select the test to activate it

1

Select Activate my test

2

Select Activate

#	Name	Date of Birth	Test Ordered	Action
1	Bob Smith	10-11-1971	Fitness genomics	Activate Completed
2	Jane Smith	16-11-1968	Nutrigenomics	

3B - Activate your test online

Activate Test

Patient Name : Bob Smith Date of Birth : 10-11-1971

Sex : Male

Test Name
Fitness Genomics

To activate your test please confirm the time and date you have taken your test.

Date and Time of DNA Test

Date * 19-07-2023 Time * 03:45:00 PM

Add DNA Test Performed

Add your DNA collection tube barcode number

DNASAMPLE123

SENDING YOUR SAMPLE

You have completed DNA sample test request card.

You have packed your DNA sample correctly and sending it in the post within 24 hours.

Activate test

Once you Activate your test we will know its on its way

3C - Finally post your sample in the transport pack and return envelope

Place DNA sample into the transport pack

Place transport pack into return packaging to lab