

# NUGENE TEST INSTRUCTIONS

In order to help you easily perform the test, you are kindly asked to carefully read the below points.

## A- What's inside NUGENE test box

- A1- One DNA Saliva swab
- A2- One dry capsule (allowing to stabilize the saliva in the swabs for a long time)
- A3- "NUGENE-Questionnaire" (Arabic & English). Filling it is primordial to generate specific patient recommendations.
- A2- Adhesive label with the prefix "NUGN" followed by the number of the test. This code is specific to one patient and will be used to track the test anywhere and anytime.

## B- Delivery of NUGENE test

Upon your first request, NUMED will send to your address 2 NUGENE boxes free of charge. NUMED will try to keep a minimum of 2 NUGENE tests available at your clinic anytime.

## C- What are the steps to do the test

- C1- Collect the saliva sample (check "How to collect DNA sample" in point "E")
- C2- Fill the "NUGENE-Questionnaire", provided in this box, with your patient
- C3- Put back inside the NUGENE box: 1) the labeled Swab tube and 2) the filled "NUGENE-Questionnaire"  
Note: It is highly recommended to send as well the "NUGENE-Questionnaire" either by e-mail (info@numed.me), WhatsApp (96170382971) or fax (9611390592).
- C4- Contact NUMED for the collection of the NUGENE box. Collection will be done in 1-2 working days. Half of the amount of the required test(s) fee will be paid on the NUGENE box pick-up.

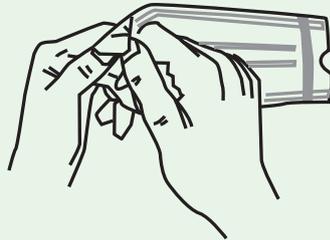
## D- Receiving the reports

In 3-5 weeks one hard copy will be sent to you in a sealed envelope (free of charge): at this stage the remaining 50% of the amount will be collected. The soft copy of the report will be sent to your e-mail in the next 2-3 working days.

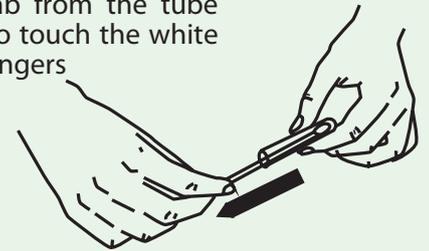
## E- How to collect DNA sample

Please follow the instructions carefully, otherwise it may happen that the quantity of the material sent to the lab will not be enough for analyzing. Collect the buccal cell sample at least 1 hour after eating, drinking or brushing your teeth. Rinse your mouth carefully before collecting the sample. In order to achieve proper sample for DNA analysis smear the swab with buccal cells thoroughly.

**1** Open the package



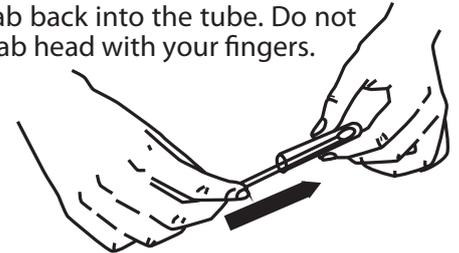
**2** Remove the swab from the tube taking care not to touch the white swab with your fingers



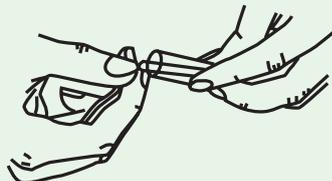
**3** Insert the swab into your mouth and rub firmly against the inside of your cheek or underneath lower and upper lips. Rub for at least 20 seconds, use reasonable firm and solid pressure.



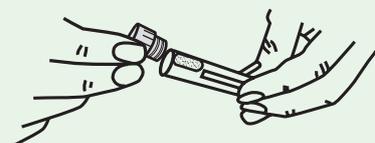
**4** Place the swab back into the tube. Do not touch the swab head with your fingers.



**5** Place your thumbnail in the small groove set in the handle, then snap the handle in two by bending to one side. Let the swab head fall into the tube.



**6** 1- Remove the silica gel capsule from the foil wrapper and place in the tube so that the capsule sits on top of the swab shaft.  
2- Seal the tube securely with the cap provided



**7** Label the tube with the code-sticker provided in the NUGENE box. Do it horizontally, let the ends of the sticker go over each other.

