

The NutrEval, Step-by-Step

BEFORE THE TEST:

- Place the brick in the freezer for 24 hours before taking the test.
- **Stop all supplements** 48 hours before the test. You can continue to take your medications.
- The night before the test, have animal protein with your evening meal unless you are a vegetarian.
- Limit water to 64 oz for 24 hours before the test. After your urine has been collected for the last time in the morning, you are encouraged to **drink at least 16 oz of water before coming to the blood draw.**
- **Fast at least eight hours** before taking the test. **DO NOT have anything other than water** before coming in for the blood draw...no gum, no toothpaste, no coffee.
- Do not use mouthwash the night before the test.
- Women should not do the NutraEval during their menstrual cycle.
- Wait for at least two to four weeks after having surgery to take the NutrEval.
- **IF YOU RECEIVE A BILL FROM GENOVA DIAGNOSTICS, PLEASE CALL THE OFFICE. DO NOT PAY, CALL US FIRST!**



1. Write your date of birth on the labels, and place them on all three vials you will be using for collection. For this test, **you will only need to use the three urine vials.** All other materials included in the test kit are to be returned to us to use for blood collection.



2. Start collecting your urine after midnight. If you collect it during the night, store it in a clean container in the refrigerator. Combine all of your urine in that container.



3. After you get up for the day and collect your urine, use the pipette to transfer the combined urine from the container into the green-top preservative tube, the blue-top amber tube, and the green-top urine tube until they are full.



4. Recap the tubes and shake. Place them into the provided biohazard bag and **put them in the freezer**. **Drink a minimum of 16 oz. of water**. Make sure all of the forms are filled out. In the box containing the rest of the kit, bring your frozen urine to the blood draw here at the office, using the brick to keep the specimens cold.

THE APOE GENE TEST:

1. Open the package of long cotton-tipped swabs. Only peel back the package enough to remove the swab. Place the cotton-end of the Q-tip into your mouth, and aggressively scrape the inside of your cheek with it for about 30 seconds. Rotate, and use an up-and-down motion to make sure to get a variety of cheek cells. Repeat with the second swab.
2. Allow swabs to air-dry for 15 minutes, and place them back into the original package. Print your full name and collection date on the label, and place the label on the white envelope. Insert the swab applicator package into the white envelope, and bring it with you to the lab when you come for bloodwork.

You can find instructional videos by searching “NutrEval” on You Tube.
Any questions? Call us here at (440)338-6344.