

## How to Prepare for Distance Testing

### Mail in advance:

- 1 q-tip or cotton ball saturated with your saliva and placed in a zip-lock bag labeled with name and date
- Send labeled individual zip-lock bags of each supplement/medication you are currently taking. Put a day's dose in each bag (we will keep these for your future appointments). New supplement/prescription additions need to be sent prior to each appointment time when you mail your saliva sample. We also request a sample of any prescription item you are on when possible.
- For liquids, the easiest way is to put a dose onto a cotton ball placed in a zip-lock bag.

### Please send to the patient portal in advance of your testing time (request that this is 24 hours or more before your appointment and NOT the day of):

- Summary of current symptoms
- List of what has improved or what has gotten worse since your last appointment
- Any specific questions/concerns you would like to be tested or addressed
- Copies of any labs you have received since your last appointment that was ordered from another physician
- Your current list of supplements and prescriptions and the doses you have been taking (even if you think we already have this list)
- Attach a current picture of yourself to the message, if not mailed with your saliva

\* These requests are in order to use your scheduled time more efficiently, so that we can spend more time testing and creating your new plan

### Scheduling:

We schedule this time like any other appointment, so you will need to call in advance to set up a testing time. We typically schedule 1 hour for testing (when you would need to have samples, updates, etc here in advance) and 1-2 days later we set a phone time to go over the results. That allows time for your practitioner to write up a plan and post it in your patient portal, and for you to review that plan and think of any questions or clarifications you will need.

Thank you,

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