

YOUR GUIDE TO
PHARMACOGENOMICS
TESTING



Personalised Testing

If you've ever wondered what works best for you, you're not alone.

The same medication can affect each person differently because your unique DNA can influence how your body responds to medication.

Pharmacogenomic (PGx) testing takes your unique genetic makeup into account and provides valuable insights that may empower your doctor to make prescribing choices that align with your individual needs and preferences for long-term health and well-being.

This personalised approach may reduce trial and error associated with medication selection and ultimately may save you time and money.



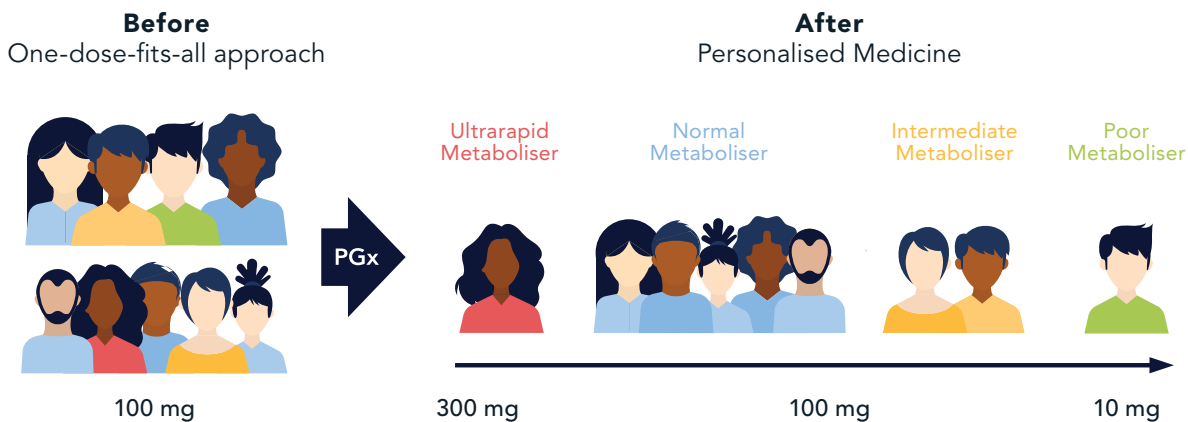
How it works

What is Pharmacogenomics (PGx)?

Pharmacogenomics is the study of how a *person's genetic makeup influences their response to medications*. It examines how genetic variations can affect the way medications are metabolised in the body, how effective they are, and whether they may cause adverse reactions. Some people metabolise certain medications too quickly, leading to minimal benefits, while others metabolise them too slowly, increasing the risk of side effects.

A myDNA Medication PGx Test may provide valuable insights about a person's response to medications allowing for:

- (i) more informed prescribing
- (ii) less trial and error associated with finding the right medication



Who will Benefit?

Individuals likely to benefit from a myDNA Medication PGx Test include those who are:

- Commencing medications for the treatment of **mental health, pain, cardiovascular** or **gastrointestinal** conditions.
- Experiencing adverse side effects or poor responses to specific medications.

Benefits of a myDNA medication PGx test may include:

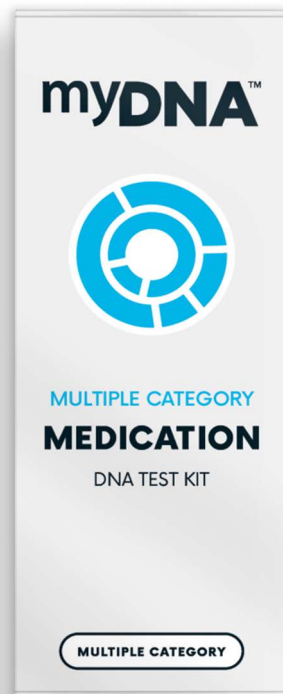
- Reaching treatment goals sooner
- Reducing time and money on 'trial and error' prescribing.
- Utilisation of results for future prescribing.



Tests available:

The myDNA Multiple Category Medication Test covers cardiology, gastroenterology, pain management, and psychiatry.

The myDNA Mental Health Medication Test covers medications for ADHD and Psychiatric conditions.



The myDNA Medication Report:

Once your unique pharmacogenomic results are ready, they are detailed in the myDNA pharmacogenomic report, which is sent to your nominated doctor. This report offers specific interpretation and prescribing recommendations regarding medication and dosage selection, based on current evidence-based PGx guidelines. Your doctor may use these insights to personalise your medication plan.

After your consultation with your doctor, you'll have access to this report for your records and to share with other practitioners.



Testing is easy!

Testing:

The myDNA Medication PGx Test kit contains a cheek swab, instructions on sample collection and a reply-paid return envelope.

Ordering the test:

1. Visit our website via www.mydna.life
2. Purchase your preferred test kit.
3. Receive the kit via post.
4. Register your kit online and nominate your doctor.
5. Collect a sample using the cheek swab provided and send back to our laboratory using the enclosed reply-paid envelope.
6. Test results are then reported to your nominated doctor
7. You will be informed via email when your test results have been sent to your doctor.
8. Schedule an appointment with your doctor to discuss your results.

Turnaround Time:

Our Melbourne-based NATA accredited laboratory provides results within 7-10 working days from sample receipt.

Patient Privacy and Security:

YOUR DATA UNDER LOCK AND KEY

Your DNA sample and data remain your property, are stored on secure encrypted services, can be destroyed anytime at your request, and will never be shared without your consent.



More informed prescribing starts now!

We're looking forward
to supporting you with a
personalised approach
to medication.

