

UNCOVERING  
RARE OBESITY®

## Oral swab (OCD-100)

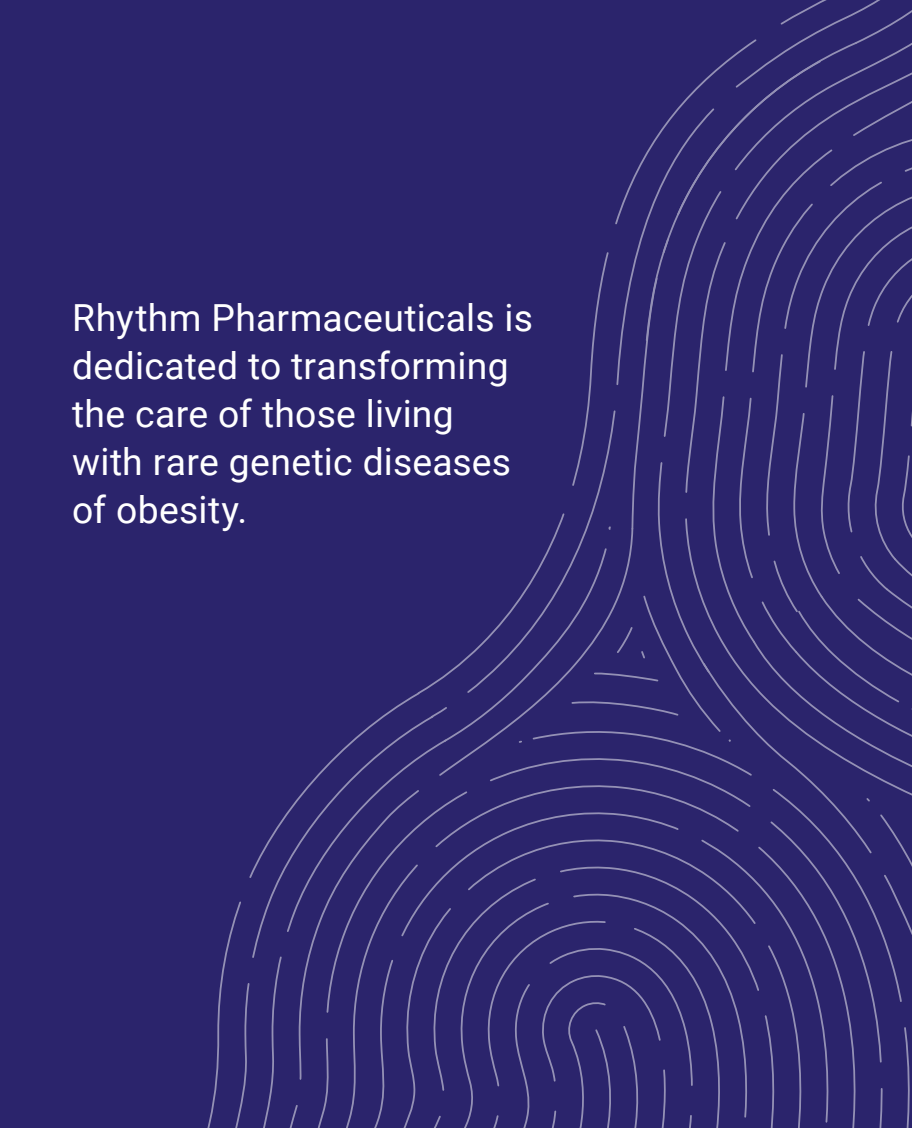
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### COLLECTION INSTRUCTIONS AND NEXT STEPS

This box includes the instructions and materials for the genetic test ordered by your doctor or healthcare professional. For questions about how to take the test, please call PreventionGenetics at **1-844-513-3994**. For medical questions, please speak with your doctor.

To learn more about rare genetic diseases of obesity, sign up for communications from Rhythm Pharmaceuticals at **RareObesitySignup.com**.



The image features a dark blue background. On the right side, there is a large, stylized fingerprint pattern composed of numerous thin, white, concentric lines that form a complex, swirling shape. The text is positioned on the left side of the image.

Rhythm Pharmaceuticals is  
dedicated to transforming  
the care of those living  
with rare genetic diseases  
of obesity.

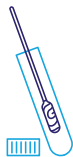
# What to expect

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Your doctor or healthcare professional ordered this genetic test, which is sponsored by Rhythm Pharmaceuticals. Testing happens in 2 parts.

## 1. SAMPLE COLLECTION

Use the materials and instructions in this test kit to collect a sample of your cells. Then send it along with your signed consent forms to PreventionGenetics, our clinical laboratory partner.



## 2. GENETIC TESTING

Once the lab receives your mailing, it will confirm the sample meets its quality standards and begin testing. If information is missing or something further is needed, your doctor's office will contact you.



**Please read all instructions carefully before beginning.**

## Getting ready



### IMPORTANT INFORMATION

#### **Prior to collecting your sample, do NOT:**

- Eat, drink, smoke, or chew gum for 30 minutes
- Allow the sponge tip to touch any surface

#### **Be careful:**

- The sponge insert may be a choking hazard, so be careful when putting it in your mouth
- If the stabilizing solution comes in contact with the skin or eyes, wash with plenty of water; do NOT ingest it
- If you have dry mouth (xerostomia), it may be difficult to collect an adequate sample, resulting in an insufficient sample for testing

**Use this kit only if it was ordered by a healthcare professional.**

# Collecting your sample

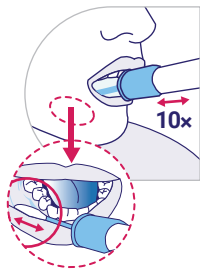
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## 1. PREPARE YOUR MATERIALS

- Gather the sealed tube with the collection swab
- Write your name, birth date, and collection date on the label and attach the label to the tube (your sample will not be processed if the tube is not identified)

## 2. COLLECT YOUR SAMPLE

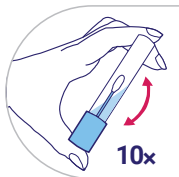
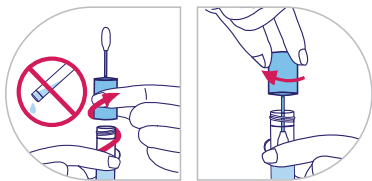
- Remove the collection swab from the package without touching the sponge tip
- Place the sponge as far back in your mouth as is comfortable and rub it back and forth along your lower gums; firmly rub your gums 10 times, but try to avoid rubbing your teeth
- On the opposite side of your mouth, firmly repeat the rubbing motion along your lower gums 10 more times



### Questions about how to take the test?

Call PreventionGenetics at **1-844-513-3994**  
(Monday – Friday, 9am – 8pm ET).

- Hold the collection tube upright so the stabilizing liquid does not spill
- Unscrew the blue cap from the collection tube without touching the sponge
- Turn the cap upside down, insert the sponge into the tube, and close the cap tightly
- Invert the capped tube and shake it vigorously 10 times



### 3. PACKAGE AND MAIL YOUR MATERIALS

- Place the capped tube inside the clear plastic sleeve, put the sleeve back in the testing box, and then place the box in the shipping pack
- Add your completed consent forms to the shipping pack
- Schedule a pickup with UPS/FedEx or deliver the package to a local drop-off point

## Results

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A genetic report with the results from your test will be sent directly to your doctor in approximately 3 weeks. Genetic test results may be positive, negative, or uncertain.

Your doctor will review your results and the options available to you, including any possible treatments or clinical trials. You may want to set up this appointment with your doctor in advance.

Licensed genetic counselors are also available to answer questions and help interpret results through 2 no-charge genetic counseling sessions, one before and one after your test.

## Questions

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- **Questions about how to take the test?** Call PreventionGenetics



**1-844-513-3994**

Monday – Friday, 9am – 8pm ET

- **Questions for a genetic counselor?** Schedule an appointment with Metis Genetics.



**Support@metisgenetics.com**



**1-844-463-8474**

# Changing the way our world understands obesity

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LEAD for Rare Obesity is a resource created and sponsored by Rhythm Pharmaceuticals to **L**isten, **E**mpower, **A**dvocate, and **D**rive change for people affected by rare genetic diseases of obesity.

Join our community to receive educational materials, support, and resources.

[RareObesitySignup.com](https://RareObesitySignup.com)

 [facebook.com/LEADforRareObesity](https://facebook.com/LEADforRareObesity)

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PHARMACEUTICALS

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