

# Consyl Carrier screening test

The Counsyl test is a universal genetic test for carrier screening. Diseases included include Cystic Fibrosis, SMA, Fragile X, Sickle cell anemia and Tay-Sachs. A full list of the diseases tested can be viewed at [www.counsyl.com/diseases](http://www.counsyl.com/diseases). If the mother is determined to be a carrier of a genetic disease, the father should then be tested. If both parents are carriers, the baby could be affected by the condition. Genetic counseling is recommended and provided by Consyl. If insurance does not pay for the test, the fee is \$99.

The Consyl test is for carrier screening tests of possible disease states that the parents may carry in their DNA. The California Prenatal screening test and the Non-invasive prenatal test (NIPT) are screening tests for Chromosomal abnormalities in the baby and are not included with Consyl. Information about the Carrier screening and Genetic screening tests is available in the Los Olivos Pregnancy Guide. Please discuss these tests with your physician.

## Instructions for registering for the test:

Go to [www.counsyl.com](http://www.counsyl.com)

Click “Get started”. Create an account by entering name and email address:

Once account is created, click “Register my code”: Choose your Los Olivos ordering physician:

Choose Universal Panel 101 genes: When prompted for whom the screening is, select “Me”:

Enter your demographics: Enter your mailing and insurance information:

Enter initials for consent and confirm your order.

## Instructions for taking the test:

**\*\*\*Do not eat, drink, smoke, kiss, chew gum, brush teeth or have anything in your mouth for at least 30 minutes prior to taking the test.**

Open the kit and follows the instructions on the inside cover of the box:

- Remove Kit, Bio Bag, FedEx remailer and Patient ID card from packaging
- Fill out and sign Patient/Sample ID Card
- Write name, date of birth and date of collection on Tube (sharpie works best)
- Fill tube with saliva until level reaches the black line (bubbles don't count)
- Close the reservoir tube cap making sure it snaps releasing preservative.
- Unscrew preservative reservoir cap and screw on enclosed secure cap on tight
- Place tube in enclosed Bio Bag.
- Place everything except FedEx remailer back in the Counsyl Box
- Insert box into FedEx remailer and take to any FedEx drop box.
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## Viewing Your Results:

You will be notified via email once their results are ready

Log in to <https://www.counsyl.com/accounts/login/>

Click on your test to review results

If negative, you are done

- Should you desire to speak with a genetic counselor, scroll to the bottom of the page and click “schedule an appointment”

If positive

- Click “speak with a medical professional” to be connected live with a genetic counselor (average wait time is 2 minutes)
- Sign up to speak with a genetic counselor at a convenient time
- Or click to “Decline Genetic Counseling”