

### What is pharmacogenomics testing?

- Genes are instructions that we inherit from our parents. The types of genes you have made your body look the way it does on the outside, like having brown eyes or having black hair.
- Genes also affect how your body reacts to some medicines. People with certain genes may need higher or lower doses of certain medicines or may need to use different kinds of medicines.
- Pharmacogenomic [FARM-A-CO-GEN-O-MIK] tests look at which types of genes you have. In some cases, your doctor may use the results to help them decide which and how much medicine to give you.

### What do pharmacogenomics testing results mean?

- Pharmacogenomics testing is a new and growing field. Sometimes testing can help doctors choose the right medication for a patient, and other times, pharmacogenetic testing won't be helpful.
- Choosing a medicine is complicated. Your doctor looks at many things when choosing. Pharmacogenomics testing is only one factor that your doctor may use to help them decide. Sometimes there are other important things to consider, such as your disease diagnosis, medical history, and age. This means that your **pharmacogenomics testing results will not always match the medicine that your doctor chooses**. Your doctor will look at all factors when choosing the best medicine for you.

### Is Pharmacogenomic testing helpful when choosing behavioral health medicine, such as antidepressants or ADHD medicine, in kids and teens?

- Most doctors do not use pharmacogenomic testing to help them choose behavioral health medicines (such as antidepressants) in kids and teens. Testing is sometimes helpful in choosing adult behavioral health medicines, but we don't know if it helps in kids and teens. Future research will show which pharmacogenomics testing is useful for kids and teens.

### What is the cost of pharmacogenetic testing

- Most insurance plans **don't** pay for pharmacogenomic testing.
- Check with your plan. Ask them whether you must "meet your deductible" or if there are any "preconditions that must be met" before they will pay for the testing. Your insurance company may ask for a "CPT code" for the testing. The code for pharmacogenomics testing is 81479.
- If you pay for the testing yourself, it usually costs between \$125 and \$500.

### How do you do a pharmacogenetics test?

- Use a soft sponge to swab the mouth. Mail the swab to the lab for testing.
- You shouldn't eat, drink, smoke or chew gum for 30 minutes before swabbing your mouth.