

I'm writing this to guide anyone wanting to send blood samples to Germany for the purpose of genetic testing in regards to BCM. I had my son's blood drawn by his pediatrician and shipped to the University of Tübingen. This is how I went about the process.

Renata put me in contact by email with Professor Bernd Wissinger (He will also answer any questions you have.) and she sent me 3 forms that need to be filled out to go with the blood samples. Declaration form, consent form (if a minor, parents sign), and a commercial invoice. Once I had the forms I called my pediatrician and explained that I wanted an order for my son's blood to be drawn for BCM genetic testing. I explained to them that this was very important and the testing was being done free of charge. I had to pay out of pocket for the blood draw.

The blood samples were collected in EDTA tubes (specific type of EDTA container is not important). The collection is not to be centrifuged (just inversion of the tube for mixing). All vials of blood should be labeled with name and birth date. No freezing of the sample. Blood sample needs to be cooled until shipment. Shipment does not require cooling of the samples. 3-5 ml of EDTA blood is sufficient. I brought all this information with me and let the doctor, nurse, and phlebotomist read it. They will understand all the lingo.

After the blood was drawn I placed it in a small cooler with an ice pack. I took it straight to my local post office and explained to them what I was doing. The post office helped me immensely. I had filled out all 3 forms that Renata had sent to me the best I could before I went to the post office. The post master helped me fill out the rest of the forms that had any missing information. The samples were shipped at the post office but overnight by FedEx. There were extra forms that needed to be filled out at the post office due to blood categorized as "biohazard". The cost to ship the samples was a little more than I expected. The cost was around \$70.

Once the blood samples are shipped expect to wait 3-4 months for results to come back. I shipped my son's samples the end of July 2014 and received a letter confirming BCM the end of November 2014.

Jessica