

Medication Check

Frequently asked questions



Powered by **My Genomic Health**

What is pharmacogenomics?

Pharmacogenomics (sometimes called PGx for short) is one of the branches of personalised medicine and is the study of how your genetic makeup can affect your response to medication. It uses information about your genes to determine the medication – and the dosage – that is most likely to work for you. The Medication Check DNA test is a pharmacogenomic test.

What are the benefits of having a Medication Check DNA test?

By understanding your genetic profile, DNA testing can help predict which medications are likely to be effective, which ones might cause side effects, and what dosages are appropriate for you.

How many medicines are looked into with the test?

At the time of purchase, 111 drugs that are frequently used to manage diabetes, pain, mental health conditions and cardiovascular diseases.

Specific medicines we test are:

- Abacavir
- Acenocoumarol
- Allopurinol
- Amitriptyline
- Aripiprazole
- Atazanavir
- Atomoxetine
- Atorvastatin
- Azathioprine
- Brexpiprazole
- Brivaracetam
- Bupropion
- Capecitabine
- Carbamazepine
- Carvedilol
- Celecoxib
- Cisplatin
- Citalopram
- Clomipramine
- Clopidogrel
- Codeine
- Dapsone
- Desipramine
- Dextlansoprazole
- Dextromethorphan
- Diazepam
- Doxepin
- Efavirenz
- Eliglustat
- Escitalopram
- Esomeprazole
- Flecainide
- Flucloxacillin
- Flucytosine
- Fluorouracil
- Fluoxetine
- Flurbiprofen
- Fluvastatin
- Fluvoxamine
- Fosphenytoin
- Gefitinib
- Glibenclamide
- Gliclazide
- Glimepiride
- Haloperidol
- Hydrocodone
- Hydroxychloroquine
- Ibuprofen
- Imatinib
- Imipramine
- Irinotecan
- Lansoprazole
- Lornoxicam
- Lovastatin
- Mavacamten
- Meloxicam
- Mercaptopurine
- Metformin
- Methadone
- Methylene Blue

- Metoprolol
- Mirtazapine
- Moclobemide
- Nevirapine
- Nitrofurantoin
- Nortriptyline
- Omeprazole
- Ondansetron
- Oxaliplatin
- Oxcarbazepine
- Oxycodone
- Pantoprazole
- Paroxetine
- Peginterferon alfa-2a
- Peginterferon alfa-2b
- Pegloticase
- Perphenazine
- Phenprocoumon
- Phenytoin
- Pimozide
- Piroxicam
- Pitavastatin
- Pitolisant
- Pravastatin
- Primaquine
- Propafenone
- Quetiapine
- Rabeprazole
- Rasburicase
- Ribavirin
- Risperidone
- Rosuvastatin
- Sertraline
- Simvastatin
- Siponimod
- Tacrolimus
- Tafenoquine
- Tamoxifen
- Tegafur
- Tenoxicam
- Tetrabenazine
- Thioridazine
- Thioguanine
- Toluidine Blue
- Tramadol
- Trimipramine
- Tropisetron
- Venlafaxine
- Voriconazole
- Vortioxetine
- Warfarin
- Zuclopenthixol

How does the Medication Check DNA test help reduce side effects?

The Medication Check DNA test pinpoints specific genetic variants that influence how your body processes medications. For example, certain genes can indicate whether you metabolise a drug too quickly or too slowly, which can lead to ineffective treatment or increased risk of side effects. Metabolise refers to the process by which your body breaks down and converts medication into active chemical substances.

By understanding your genetic makeup, healthcare providers can select medications that are more likely to be effective and have fewer side effects for you. This personalised approach reduces the trial-and-error process often associated with finding the right medication. It can also help to determine the optimal dosage of a medication for you. For instance, if you have a genetic variant that causes you to metabolise a drug slowly, your doctor might prescribe a lower dose to avoid side effects.

What should I do if a medication I am currently taking is flagged on my report?

If your test indicates that your current medication isn't suitable, or is less suitable, based on your genetic profile, you can discuss this in your appointment with our GP. They'll be able to help you on next steps which might include your healthcare provider reviewing your report, identifying alternative medication or adjusting the dosage of your current medication.

Where is the test performed?

You'll collect the sample in your own home, and the test is carried out in a medical testing UK laboratory owned by Eurofins using advanced dedicated PGx array platforms from Illumina.

How much does the test cost?

The test costs £300 and includes a 30-minute virtual appointment with one of our GPs should you wish to discuss your results. If you do wish to speak to a GP, you'll be given information on how to book your appointment when you receive your results by email.

Who is eligible to take a Medication Check DNA test?

You can order a test for personal use, and you must be aged 18 years or older and be a UK resident.

A test can't be taken if:

- You've had a liver or kidney transplant
- You've had a bone marrow or stem cell transplant
- You've received a blood transfusion in the last four weeks.

If you've had a transplant or blood transfusion, the donor's DNA can mix with your own. This mixture can lead to inaccurate test results because the test might detect the donor's DNA instead of yours. This confusion can affect the interpretation of how your body responds to certain medications. Individuals who have had a blood transfusion within the past four weeks should refrain from taking the test. It's advisable to wait until all genetic material from the donor has been fully cleared from the recipient, a process estimated to be completed by the fourth week post-transfusion.

What is involved with the test?

The test requires you to provide a DNA sample through straightforward and non-invasive saliva sample, collected into a tube. You'll then post your saliva sample to our partner laboratory using the pre-paid packaging included in your kit. We'll then email you the results and once received, you have the option to speak to one of our GPs in a 30-minute virtual appointment if you have any questions.

Do I need to prepare for the test?

Do not eat, drink, smoke, vape, brush your teeth or chew gum for 30 minutes before taking the test.

Do I need to stop taking medication to take the test?

No, carry on taking your current medication as prescribed by your healthcare provider. Any medications you're taking will not influence the test results.

How long does it take to receive my results and how do I get them?

It can take up to four weeks from our partner laboratory receiving your sample for you to receive your results. Your results will be emailed to you using the email address provided when you purchased the kit.

Can the test results change over time?

Because your genetic makeup doesn't change over time, the results of a pharmacogenomic test remain valid throughout your life. However, as scientific research advances, the interpretation of these results may evolve, potentially leading to new insights and recommendations. Therefore, you may wish to periodically review the results with your healthcare provider in the future to make sure the results reflect the latest scientific findings and clinical guidelines.

What happens to my DNA sample after testing?

Your saliva sample will be destroyed after testing takes place and you receive a report with your personalised results.

Where is my data stored?

Your data will be stored and processed by Bupa and its data processors in the UK and Europe.

Bupa is committed to ensuring that as a customer your privacy is protected and that you can trust us with your most sensitive personal data. Please see our **[Privacy Notice](#)** for more information about how we collect, use and protect your data.

Will my health insurer get access to my results?

If you have health insurance or are part of a health trust, we will not share the results of your tests with your insurer in the UK. However, you acknowledge that when using the services that if you live or plan to live outside of the UK, local laws may require you to disclose the results of any genetic testing you have had to your insurer.

Do I have to share my results with my NHS GP or healthcare provider?

Where suggestions of potential severe, moderate or mild results are highlighted in your report, please keep them for future reference, even if you aren't taking any of these medications currently.

If a health care professional suggests or prescribes any of the medications mentioned in the report in the future, make sure to let them know about the findings as they might help them to choose the right medication for you.

What regulations do you follow?

The sample collection kits, reagents, and DNA extraction machinery are CE IVD-certified. The laboratories handling sample processing and analysis are accredited under ISO 15189, ISO 17025, and ISO 27001, as well as being CQC registered and Cyber Essentials certified. Additionally, the algorithm and software for result interpretation is ISO 13485 accredited.



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