Medication Check

Frequently asked questions

Powered by **My Genomic Health**

What is pharmacogenomics?

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

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

By understanding your own personal genetic profile, the Medication Check can help tailor treatment more specifically suited to you. This means it can predict which medicines are likely to be effective, which ones might have side effects, and what dosages will work best for you.

Which medicines are tested?

If you ordered your Medication Check before 1 July 2026, the list of medicines that were tested can be found **here.**

ADHD
- Amphetamine
- Atomoxetine

Alzheimer's disease
- Donepezil
- Galantamine

Bone and joint
- Allopurinol

Cancer
- Capecitabine
- Cisplatin
- Erdafitinib
- Fluorouracil
- Gefitinib
- Tamoxifen
- Tegafur
- Tioguanine

Cardiovascular
- Acenocoumarol
- Carvedilol
- Clopidogrel
- Flecainide
- Hydralazine
- Mavacamten
- Metoprolol
- Nebivolol
- Phenprocoumon
- Prasugrel
- Procainamide
- Propafenone
- Propranolol
- Ticagrelor
- Warfarin

Cholesterol
- Atorvastatin
- Fluvastatin
- Lovastatin
- Pitavastatin
- Pravastatin
- Rosuvastatin
- Simvastatin

Diabetes
- Nateglinide

Digestive system
- Esomeprazole
- Lansoprazole
- Metoclopramide
- Omeprazole
- Ondansetron
- Pantoprazole
- Rabeprazole
- Tropisetron

Eczema
- Abrocitinib

Immune system
- Azathioprine
- Mercaptopurine
- Sulfasalazine
- Tacrolimus

Infection
- Amikacin
- Efavirenz
- Flucytosine
- Gentamicin
- Isoniazid
- Paromomycin
- Streptomycin
- Sulfamethoxazole
- Tobramycin
- Voriconazole

Mental health
- Amitriptyline
- Amoxapine
- Aripiprazole
- Brexpiprazole
- Citalopram
- Clomipramine
- Clozapine
- Doxepin
- Escitalopram
- Fluoxetine
- Fluvoxamine
- Haloperidol
- Imipramine
- Mirtazapine
- Moclobemide
- Nortriptyline
- Paroxetine

- Perphenazine
- Pimozide
- Protriptyline
- Quetiapine
- Risperidone
- Sertraline
- Thioridazine
- Trimipramine
- Venlafaxine
- Vortioxetine
- Zuclopenthixol

Nervous system
- Brivaracetam
- Carisoprodol
- Clobazam
- Deutetrabenazine
- Diazepam
- Dronabinol
- Fosphenytoin
- Phenytoin
- Pitolisant
- Siponimod
- Tetrabenazine

Pain relief
- Celecoxib
- Codeine
- Flurbiprofen
- Ibuprofen
- Lornoxicam
- Meloxicam
- Oxycodone
- Piroxicam
- Tenoxicam
- Tramadol

Urinary tract
- Darifenacin
- Fesoterodine
- Mirabegron
- Tamsulosin
- Tolterodine

Other
- Amifampridine
- Avatrombopag
- Belzutifan
- Eliglustat
- Lofexidine

Some medicines listed are not licensed to be prescribed in the UK but may be prescribed in other countries.

How does the test help reduce side effects?

The Medication Check DNA test pinpoints specific genetic variants that influence how your body processes medicines. For example, certain genes can indicate whether you process a medicine too quickly or too slowly, which can lead to ineffective treatment or increased risk of side effects.

By understanding your genetic makeup, healthcare providers can select medicines 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 medicine. It can also help to determine the optimal dose of a medicine for you. For example, if your body processes a medicine too fast, it doesn't stay in the body long enough to be effective — so you're not actually getting any treatment from it. In such cases, a higher dose or a different medicine altogether may be recommended for you.

What happens if my genetic profile suggests my current medicine isn't suitable?

If your test indicates that your current medicine isn't suitable based on your genetic profile, please do not stop any of your medicines and discuss your options in your appointment with our GP.

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 medicines. 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.

Is there anything that Medication Check can't do or should not be used for?

These tests can only give advice on medicines where there is strong evidence about how genes can affect the way they work. At the moment, this includes over 100 medicines. The test can't give guidance on medicines that aren't on this list. The test results shouldn't be used on their own. They're a helpful guide, but they're only one part of deciding which medicine is right for you. Any decisions about your medicines should be made with a healthcare professional, who will also consider other important factors.

What is involved with the test?

The test requires you to provide a DNA sample collected into a tube. You'll then post your DNA 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 can book a 30-minute appointment with one of our remote GPs, included in the service at no extra cost. Your Medication Check also includes a leaflet which contains a step-by-step guide with all the details you need.

Do I need to prepare for the test?

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

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

No, carry on taking your current medicine as prescribed by your healthcare provider. Any medicines 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 to six 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 I take a test if I'm not taking any medicine right now?

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 DNA 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 processed and stored securely by Bupa and its partners in the UK and the United States in order to provide the service to you.

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 in the UK, Bupa Occupational Health Limited will not share your individual test results with your insurer. If you have Bupa health insurance or are part of a Bupa health trust, you can choose to share your results with us for another purpose (for example, as part of a separate claim). In that case, we will handle that information in line with our privacy notice.

We may use de-identified and aggregated data, which does not identify you, across Bupa businesses for research and service improvement purposes. This helps improve understanding of health conditions, treatments and outcomes. This information cannot be used to make decisions about you as an individual.

Your individual test results will not be used to make decisions about your insurance cover or premium.

However, if you choose to use testing services and live or plan to live outside of the UK, local laws may require you to disclose the results of any testing you've had to your non-UK 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 medicines currently.

If a health care professional suggests or prescribes any of the medicines 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 clinical 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, CAP COLA and CLIA as well as being CQC registered and Cyber Essentials certified. The Pharmacogenomic Decision Support Software (PDSS) is registered with the MHRA (ref 61087).

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