Do I Need Genetic Testing?

A Clinical Triage Checklist

Based on major clinical guideline bodies including NCCN, CPIC, ACMG, ACOG, ACC/AHA, ESC, KDIGO, and AAP (reviewed March 2026).

Instructions Check any box that applies to you or your immediate family (parents, siblings, children). If you check any box, discuss genetic testing with your healthcare provider or contact HealthCode Gene for a consultation.

1. Cancer History

- ☐ I was diagnosed with cancer before age 50.
- ☐ I have multiple family members with the same or related cancers (for example, breast, ovarian, or pancreatic).
- ☐ I have a rare cancer such as ovarian, male breast, pancreatic, or metastatic prostate cancer.
- ☐ I have Ashkenazi Jewish ancestry.

Guideline anchor: NCCN Genetic/Familial High-Risk Assessment.

2. Medication Response

- ☐ I have severe side effects from standard medications.
- ☐ Multiple medications, such as antidepressants or painkillers, have failed to work for me.
- ☐ I am starting a high-risk medication such as warfarin, codeine, or certain chemotherapies.

Guideline anchor: CPIC Level A guidance.

3. Heart & Cholesterol

- ☐ My LDL cholesterol is above 190 mg/dL untreated.
- ☐ I have a family history of heart attack before age 55 in men or 65 in women.
- ☐ I have unexplained fainting (syncope) or a family history of sudden death before age 40.
- ☐ I have a known aortic aneurysm or Marfan-like features.

Guideline anchor: ACC/AHA and ESC cardiovascular genetics guidance.

4. Pregnancy & Family Planning

- ☐ I am planning a pregnancy or currently pregnant and want carrier screening.
- ☐ I have had 2 or more unexplained miscarriages.
- ☐ I have a family history of intellectual disability or developmental delay.

Guideline anchor: ACMG and ACOG practice resources.

Note: Routine thrombophilia testing is not recommended for miscarriage unless you have a personal history of blood clots.

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5. Neurological & Developmental

- ☐ I or my child have unexplained developmental delay or intellectual disability.
- ☐ I have early-onset Alzheimer's disease in the family before age 65.
- ☐ I have years of undiagnosed symptoms affecting multiple body systems.

Guideline anchor: ACMG and AAP guidance.

6. Other Hereditary Conditions

- ☐ I have early-onset kidney disease or a family history of kidney failure.
- ☐ I have unexplained organomegaly or neurodegeneration that could fit a lysosomal storage disorder.

Guideline anchor: KDIGO and ACMG resources.

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What We Do NOT Recommend (Save Your Money)

MTHFR testing: Not indicated for clotting risk, pregnancy loss, or heart disease risk.

APOE testing: Not recommended for predicting Alzheimer's risk in people without symptoms.

Direct-to-consumer "wellness" panels: Often lack clinical validation and actionable guidance.

Next Steps

- Bring this checklist to your doctor or genetic counselor.
- Use your answers to guide a pre-test discussion, not to self-diagnose.
- Contact HealthCode Gene for a pre-test counseling session.
- Download the full guide at www.healthcodegene.com/blog

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