


GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.


To improve your blood collection experience:

- Make sure you're well hydrated before starting.
- Do a few jumping jacks or other exercises to get your pulse up and get blood flowing to your hands.
- Run your hands under warm water for 30-60 seconds.

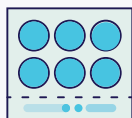
STEP 1:

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| PREP |  <ol style="list-style-type: none"> 1. Lay out all the contents of your kit. 2. Locate the blood spot collection card and unfold without touching the collection circles. 3. Fill out the patient information on your requisition form and on the collection card. The name on the requisition form and card must match. Unlabeled cards will be rejected. |
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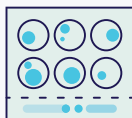
STEP 2:

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| COLLECT |  <ol style="list-style-type: none"> 1. Wash your hands for 60 seconds under warm water. Warming your hands is an easy way to increase blood flow and make the collection process easier. 2. Twist off the cap at the top of the lancet and press the tip against the outer edge of your third or fourth fingertip until an audible click is heard. 3. Gently stroke your finger from the base to just above the puncture site until a large drop of blood forms. Wipe away that first drop with gauze. 4. Hold your fingertip above each circle on the collection card until each circle is saturated to the back of the card. Make sure not to touch the collection circles. |
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Quick Tip: To ensure there is a sufficient sample for testing, make sure each circle is filled to the edge and saturated to the back of the card before filling extra bloodspots.




Valid Specimen:
Blood must saturate through to the back of the card, to be sufficient for testing.



Invalid Specimen:
Specimens with uneven and incomplete filling of circles will be rejected.

STEP 3:

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| RETURN |  <ol style="list-style-type: none"> 1. Leave your collection card to air dry for at least three hours. 2. Once dry, tuck the cover into the flap and place the collection card in the biohazard bag along with the desiccant. 3. Enclose your requisition form and sample in the prepaid envelope, send it back to us, and wait for your results! |
| IMPORTANT: Samples received without the requisition form cannot be processed. | |



For Video Instructions:

For video instructions and more detailed instructions to assist you in your specimen collection, use the QR code to the left or visit usbiotek.com/db-collection

General Guidelines

- The materials provided in the kit are for one-time use only.
- Avoid strong, repetitive pressure on the pricked finger.
- Allow the blood sample to soak through and completely fill each circle on the collection card.
- Do not rub or smear the sample.
- To preserve the functionality of the desiccant, do not leave the biohazard bag open before, during or after blood collection.
- The lancet is not suggested for use on children younger than 18 months old.
- Do not collect blood samples from pinky fingers, swollen or previously punctured sites.

Medical Precautions

- Do not perform this test if you are taking blood thinners or have a blood clotting disorder (unless authorized by your healthcare practitioner).
- Immunosuppressive drugs (e.g., prednisone), immune-modulating drugs, and topical cortisone suspensions and creams may alter test results.
- Consult with your healthcare provider prior to making any changes to your current medication regimen.
- We recommend maintaining your usual dietary habits prior to blood collection, or consult with your healthcare practitioner before making any changes to your diet.


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Tips to ensure a proper collection:

- Do not urinate for at least 1 hour prior to collecting your specimen.
- Collect only the first 20-30 ml of urine expressed or a first catch.
- Collect a “dirty” specimen, biological females should not cleanse the labia area prior to specimen collection.


STEP 1:

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| PREP |  | <ol style="list-style-type: none"> 1. Lay out all the contents of your kit. 2. Label the collection tube with the patient’s name and date of birth. (unlabeled specimen tubes will not be processed) 3. Fill out the requisition form with all required patient information. IMPORTANT: Ensure the information on the requisition form and collection tube match exactly |
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STEP 2:

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| COLLECT |  | <ol style="list-style-type: none"> 1. Remove the cap from the collection cup. 2. Perform a first catch (sample collected from the initial urine stream). Collect between 20-30 ml (no more than 1 fl oz); this should only fill about a quarter of the collection cup. 3. Empty the remaining volume of the bladder into the toilet. |
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STEP 3:

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| TRANSFER |  | <ol style="list-style-type: none"> 1. Remove the cap from the transfer tube. Be careful not to spill any of the specimen preservatives. 2. Use the pipet provided to transfer urine from the cup into the transfer tube. <ul style="list-style-type: none"> • Squeeze the top bubble of the pipet to remove all the air. • Place the pipet into the collected urine cup and release the pressure on the top of the pipet. This will draw urine into the pipet. • Move the full pipet into the transfer tube and squeeze the top to release the urine into the tube. 3. Repeat step 2 as needed until you fill the collection tube to the marked fill line. 4. Place the cap back onto the transfer tube and twist it to seal the sample tightly. 5. Invert the tube 8-10 times to mix the urine with the preservative. |
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STEP 4:

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| RETURN |  | <ol style="list-style-type: none"> 1. Place the transport tube and test request form into the biohazard bag with the absorbent pad, then seal the bag. 2. Enclose the biohazard bag within the crush-proof box, and place it into the return shipping envelope 3. Ship the specimen to the lab. Cold pack not required. |
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For Video Instructions:

For more detailed instructions to assist you in your specimen collection use the QR code to the left or visit usbiotek.com/specimen-collection

General Guidelines

- Biologically female patients should not cleanse the labia prior to collecting their specimen.
- Catch only the first 20-30 ml (no more than 1 fl oz) of urine expressed. This should fill no more than a quarter of the collection cup.
- Fill the specimen tube to the indicated fill line.
- If your test panel includes a pregnancy test for biological females, collect a first-morning sample.
- Ensure the name on the urine tube label and requisition form match exactly.

Medical Precautions

- If you are currently taking antibiotics, wait at least 7 days after completing your prescription before taking your test.
- If the collected specimen contains excess blood (urine is a dark red or brown color) it should be discarded and not used for testing.
- Avoid contact with the PCR Medium (liquid preservative preexisting in the urine transport tube). If contact with the skin, eyes, or mucous membranes occurs, immediately wash the area with a large amount of water.


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Tips to ensure a proper collection:

- Do not touch or drop the soft end of the swab.
- Hold the shaft of the swab so that the score line is above your fingers and the soft end of the swab is out.
- Ensure the specimen tubes are properly labeled with the kit ID sticker for the proper swab location (Vaginal, Rectal, and/or Throat).

STEP 1:

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| PREP |  | <ol style="list-style-type: none"> 1. Lay out all the contents of your kit. 2. Label the collection tube with the kit ID sticker filled out with the patient's name and date of collection (unlabeled specimen tubes will not be processed). 3. Fill out the requisition form with all required patient information. IMPORTANT: Ensure the information on the requisition form and collection tube label match exactly. |
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STEP 2:

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| COLLECT |  | <ol style="list-style-type: none"> 1. Open the swab packet and hold the shaft of the swab so that the score is just beyond the tips of your fingers. 2. Swab the intended area (specific instructions for each area below). 3. Withdraw the swab carefully. Do not let the swab touch any surfaces before placing in into the collection tube. |
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VAGINAL SWAB

Insert the swab (cotton end) about 2 inches (5 cm) into the vaginal canal.

Gently rotate the swab while rubbing the walls of the vagina for 30 seconds.

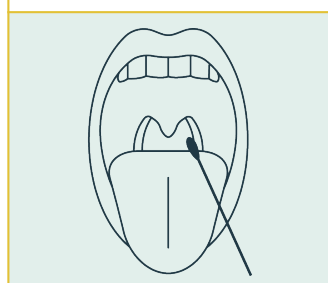
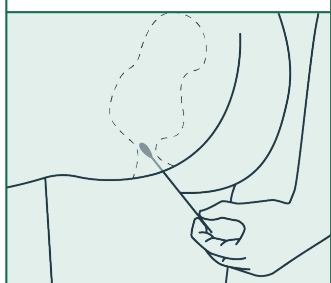
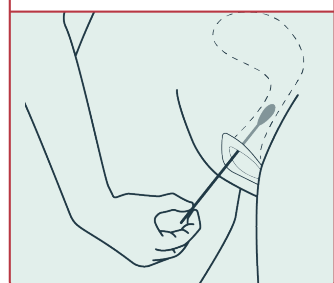
RECTAL SWAB

Insert the swab (cotton end) about 1-2 inches (3-5 cm) into the rectal canal.

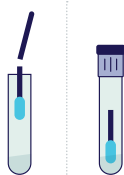
Gently rotate the swab while rubbing the walls of the rectum for 30 seconds.

THROAT SWAB


Insert the swab (cotton end) into the mouth swabbing the pharynx (back of the throat), Tonsils (sides of the throat), and Uvula (hanging structure in the back of the throat) each **3 times**.



STEP 3:

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| TRANSFER |  | <ol style="list-style-type: none"> 1. Remove the cap from the transfer tube. Be careful not to spill any of the specimen preservatives already present in the tube. 2. Place the swab (cotton end) into the tube until the score line on the swab shaft aligns with the top of the transfer tube. 3. Press the swab against the tube to break the swab shaft at the score line. 4. Replace the tube cap and secure it tightly. |
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STEP 4:

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| RETURN |  | <ol style="list-style-type: none"> 1. Place the labeled transport tube containing the swab into the biohazard bag with the absorbent pad and seal the bag. 2. Enclose the biohazard bag within the crush-proof box and place it into the return shipping envelope. 3. Ship the specimen to the lab. |
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Additional Instructions: For more detailed instructions to assist you in your specimen collection use the QR code to the left or visit usbiotek.com/specimen-collection

General Guidelines

- Do not pre-wet swab with any liquid or use personal lubricants to assist with collection. Swabs must be dry in order to properly collect usable specimens.
- Do not touch the swab tip or lay it down on any surfaces.
- Ensure the transfer tubes are labeled properly with the kit ID sticker matching the swab location.
- If test results are positive, contact your healthcare provider for further guidance.

Medical Precautions

- Do not perform collection while currently taking antibiotics or within 7 days of taking antibiotics.
- Avoid contact with the PCR Medium (liquid existing in transfer tube). If contact with the skin, eyes or mucous membranes occurs, immediately wash the area with a large amount of water.
- Do not collect vaginal specimens while menstruating.