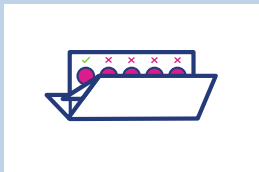
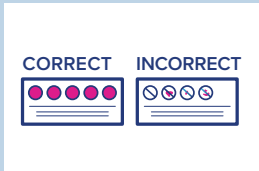
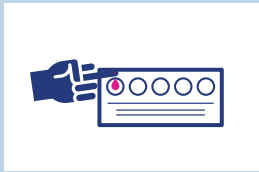
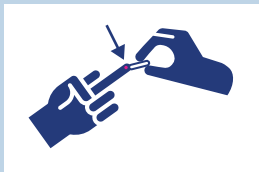
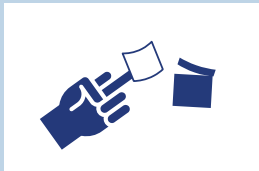




COLLECTING YOUR LAB SAMPLES

BLOOD

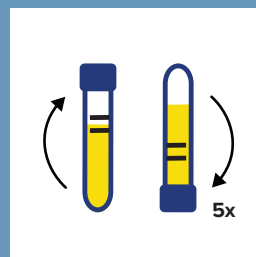
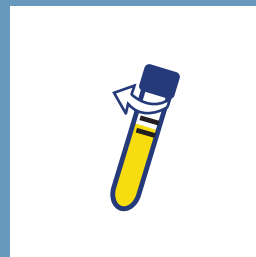
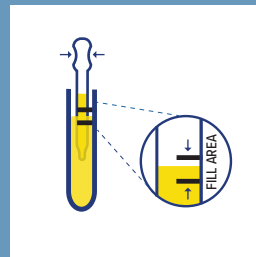
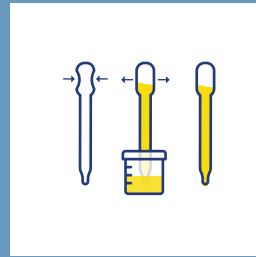
Please read all instructions before beginning collection. Look inside this kit for the blood collection kit for additional information.



1. Write your name, date of birth, and the date of collection in the designated fields. Use MM/DD/YYYY* format.
2. Open blood card flap to expose the circles on the blood collection paper. Do not touch the blood collection paper.
3. Wash your hands with warm water for at least 30 seconds, then shake hands vigorously for 15 seconds to encourage blood flow to your fingers.
4. Clean fingertip with alcohol pad. It is best to use the middle or ring finger of your non-dominant hand.
5. Take the lancet and twist off the cap. Press the small tip firmly into the side of your finger, near the tip, until the needle ejects with a click. Lancet is single use.
6. Keeping your hand at waist level, massage finger from base to tip to encourage blood flow. As blood drop forms, touch the drop to the center of the circle. Do not touch the blood collection paper with your finger as this will restrict blood flow, reduce saturation, and may result in sample rejection.
7. Fill each circle on the blood collection paper completely. It is okay for blood to extend beyond lines.
8. Allow blood collection paper to air dry on a flat surface for at least 30 minutes. Do not heat or blow dry blood collection paper. Heat will damage the specimen.
9. When blood collection paper is dry, close blood card by tucking flap. Place the blood card into biohazard bag with the desiccant pack. Ensure bag is properly sealed.

URINE

Please read all instructions before beginning collection.



1. Do not urinate for at least 1 hour prior to collection. **Using first morning urine is best.**
2. Urinate directly into the collection cup with the **first part of the stream**, and collect 30 mL - 50 mL of urine. Waste the remainder of the stream.
3. Use the pipette to transfer urine from the collection cup into the collection tube marked "Urine".
4. Fill the collection tube until the combined liquid is between the designated fill lines. **Do not fill tube past the maximum fill line or specimen will be rejected.**
5. Place lid onto the collection tube and ensure it is closed evenly and tightly.
6. Write your date of birth in MM/DD/YYYY* format onto the tube in the designated area (DOB).
7. Write the specimen collection date (today's date) in MM/DD/YYYY* format onto the tube in the designated area (Coll. DT).
8. Place specimen into an empty biohazard bag and ensure the seal is closed completely.

* Make sure to use leading zeros in dates so that your Test Kit is accepted by the lab. For example, if the date is February 5, 2024, you should write 02/05/2024.

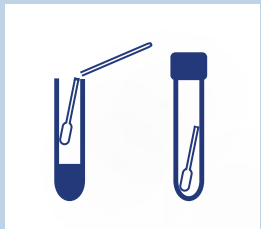
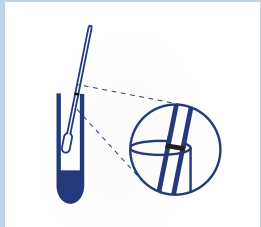
* Make sure to use leading zeros in dates so that your Test Kit is accepted by the lab. For example, if the date is February 5, 2024, you should write 02/05/2024.

THROAT SWAB

Please read all instructions before beginning collection.



1. Hold the swab with your fingers above the score line.
2. Insert the swab into your mouth and rub swab tip against the back of your throat for 10-20 seconds.
3. Carefully withdraw the swab and place into the collection tube marked "Throat." Break the swab at the score line by bending against the collection tube.
4. Place lid onto the collection tube and ensure it is closed evenly and tightly. **Do not empty liquid preservative from the collection tube if present.**
5. Write your date of birth in MM/DD/YYYY* format onto the tube in the designated area (DOB).
6. Write the specimen collection date (today's date) in MM/DD/YYYY* format onto the tube in the designated area (Coll. DT).
7. Place specimen into an empty biohazard bag with absorbent sheet and ensure the seal is closed completely.



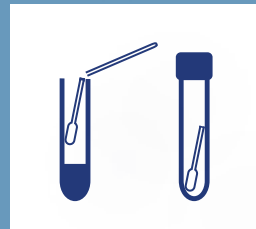
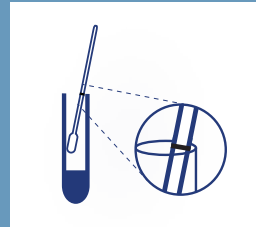
* Make sure to use leading zeros in dates so that your Test Kit is accepted by the lab. For example, if the date is February 5, 2024, you should write 02/05/2024.

RECTAL SWAB

Please read all instructions before beginning collection.



1. swab with your fingers above the score line.
2. Insert the swab 3 - 5 cm (1 - 2 in) into the anal canal.
3. Gently turn the swab for 10-20 seconds while rubbing the swab against the walls of the rectum.
4. Carefully withdraw the swab and place into the collection tube marked "Rectal." Break the swab at the score line by bending against the collection tube. **Do not empty liquid preservative from the collection tube if present.**
5. Place lid onto the collection tube and ensure it is closed evenly and tightly.
6. Write your date of birth in MM/DD/YYYY* format onto the tube in the designated area (DOB).
7. Write the specimen collection date (today's date) in MM/DD/YYYY* format onto the tube in the designated area (Coll. DT).
8. Place specimen into an empty biohazard bag with absorbent sheet and ensure the seal is closed completely.



* Make sure to use leading zeros in dates so that your Test Kit is accepted by the lab. For example, if the date is February 5, 2024, you should write 02/05/2024.

SHIPPING CHECKLIST AND INSTRUCTIONS

- Have you used all collection devices contained in the kit to collect the required specimens?
- Is your date of birth on all specimen collection tubes and the blood card using MM/DD/YYYY format?
- Is the collection date written on all specimen collection tubes and the blood card using MM/DD/YYYY format?
- Are blood card circles completely filled with blood and soaked through the collection card?
- Is each specimen collection tube and the blood card sealed in its own biohazard bag? (ONLY one specimen per bag)
- Are all specimens placed into the box?
- Is the box placed into the pre-paid return shipping bag?
- Is the return shipping bag completely sealed?

Drop off your completed kit at any us postal service location. You will receive an email notification when your kit is received at the lab, and when your lab results are ready.