



How to collect and package your sputum sample

! Read all instructions before proceeding

Please follow the below instructions carefully to produce and ship a viable sample for Covid-19 testing.

Collecting Sputum Sample *(Sputum is a combination of spit and phlegm.)*

! Do NOT urinate in cup

1. Rinse mouth thoroughly with water; then wait 30 minutes before producing sputum sample.
2. Open collection cup lid; then place lid top-side down on a clean tissue.
3. Cover your nose and mouth with a facial tissue to contain respiratory secretions while coughing during the next step.
4. Cough as forcefully as you can to produce sputum (a combination of saliva and phlegm) while continuing to cover nose and mouth with the tissue.
5. Cough then spit your sputum into the collection cup.

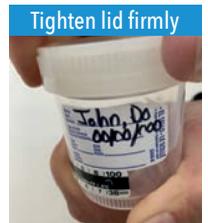


6. Repeat coughing and spitting into the cup 2-3 times until enough sputum is collected.
7. When finished, safely dispose of the tissue.



! Do NOT place tissue into cup

8. Secure sample container lid tightly and completely.
- If cup has arrows, line up the two arrows and turn until you hear two clicks. This indicates the cup is locked.*



! If the lid comes off or leaks during shipping, the test can NOT be processed

If cup does not have arrows, turn lid slowly and firmly to make sure the cap is secure.

Packaging Instructions

9. Place collection cup in large pouch of biohazard lab bag.
10. Fold lab requisition form into quarters and place in lower front pocket of lab bag.
11. Remove adhesive backing from flap and fold over to overlap front pocket to seal bag.



12. Assemble transport box.

See next page for transport box assembly instructions.



13. Place biohazard lab bag in box. Close and seal the finished box with the clear sticker provided.

A return FedEx shipping label is attached to the box – no addressing or postage required.



Shipping Instructions

14. Deposit MicroGenDX transport box into a FedEx drop box.
- Find a drop box at www.fedex.com/en-us/shipping/dropbox.html, scan this QR code with your phone, or call **1800-Go-FedEx**.



! Do NOT take package to FedEx Kinko's counter

Because the package contains a biological specimen, you MUST use a FedEx drop box.



Thank you for choosing MicroGenDX, the technology leader in DNA & RNA sequencing for chronic and recurring infections.



Preparing the collection materials

Enclosed you will find:

- ① Prepaid transport box with clear sticker to seal package Biohazard
- ② lab bag
- ③ Sputum collection cup with specimen label
- ④ Lab requisition form

Additional materials you will need:

- ✓ Facial or bathroom tissues
- ✓ Glass of water to rinse your mouth



- Write first and last name and date of birth on label with permanent marker

- Complete any highlighted sections of the form
- Print neatly and clearly
- Check accuracy of any pre-populated patient information on the form

- Sign the form

⚠ Form must be signed or it cannot be processed

COVID-19 TESTING | Directions for Use

Step 14. Transport Box Assembly Instructions



Use the provided clear sticker to seal the transport box.