



MEN'S COMPLETE  
SAMPLE COLLECTION METHOD

THIS TEST COMES WITH:



COLLECTION DO'S & DON'TS

- DO** - Clean the genital area with soap and water before collecting the sample.
- DO** - Ship the sample as soon as possible after collection. MicroGenDX stability testing shows samples as viable at room temperature for at least 21 days after collection.
- DO** - Collect both Urine and Semen samples on the same day.
- DO NOT** - Use Lidocaine gel. If collecting urine via catheter, Lidocaine gel can render sample invalid or give false negative test results.
- DO NOT** - Take antibiotics. Patient must be off all antibiotics for 2 days prior to collection. This is optimal. However, if not possible, the test can still be run.

**\*\*If ordering UA Biomarkers please ship sample within 48 hours of collection. Sample must arrive at the lab within 5 days.\*\***



Scan this code to view video sample collection instructions.

**BOTH SAMPLES MUST BE COLLECTED ON THE SAME DAY AND SENT IN THE SAME BOX.**

**NOTE: URINE SAMPLE SHOULD BE TAKEN BEFORE SEMEN SAMPLE**

COLLECTING URINE SAMPLE

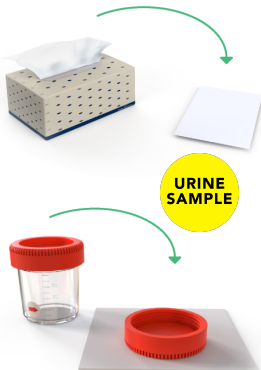
STEP 1

Wash hands thoroughly. Cleanse all areas around the urinary exit with soap and water. With a clean tissue, blot off the urethra without touching any part of genital area with hands.



STEP 2

Spread a clean tissue on a surface close to the toilet bowl. Remove the lid from the urine cup and place it top-side down on the tissue. Place the open urine cup next to the tissue, being careful not to touch the rim of the cup or lid with fingers or body surface at any time.



STEP 3

Before urination, retract the foreskin (if uncircumcised), avoid touching the urethra opening.

STEP 4

Hold the empty cup in one hand. Begin urination into toilet, not cup, stop urination partway through then continue urination into cup. Keep urinating into cup until the amount in the cup is level with the red arrow sticker. Do not fill the cup more than 1/2 full. Finish urinating into toilet.



STEP 5

Secure the lid tightly by placing the lid directly on the cup and turning until you hear two clicks. This indicates the cup is locked.



COLLECTING SEMEN SAMPLE

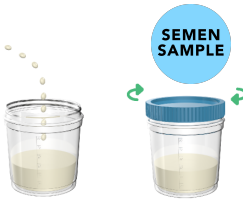
STEP 1

Clean the genital area with included Alcohol Prep Pad.



STEP 2

- Collect semen excretion into sterile container.
- If enough excretion is collected (more than a pea size amount), cap and seal the container and prepare for shipping. *If you have only collected a minimal amount, proceed to step 3.*



STEP 3

**Optional Per Step 2 b.** If only a minimal amount of semen excretion is collected (pea size amount) use the Semen Swab to collect the fluid by rolling swab through the fluid in the collection cup collecting as much fluid as possible on the swab tip.



STEP 4

**Optional Per Step 2 b.** Place the swab into the tube and cap the tube firmly.



SEE PATIENT INFORMATION & SHIPPING INSTRUCTIONS ON REVERSE

Correct packaging is vital to ensuring your sample is processed in a timely manner. Please follow the steps below.

**PATIENT INFORMATION**

**1. MARK SAMPLE**

Use a permanent marker to write patient name, date of birth and sample collection date on the 90mL Urine Collection Cup and either the 90mL SemenCollection Cup or Multi-Purpose Swab Tube.



**2. SIGN LAB REQ**

Please have the patient sign the lab requisition form accepting financial responsibility. Be sure the physician has also signed the lab requisition form confirming consent.



**PACKING SAMPLES FOR SHIPMENT**

- 1. Place the 90mL Urine Collection Cup and either the 90mL Semen Collection Cup or Multi-Purpose Swab Tube into the center/seal-able pocket of their respective Biohazard Lab Bags.
- 2. Place folded Lab Requisition Form into the short pocket of the Lab Bag.
- 3. **IMPORTANT:** Place only one Sample and one Lab Requisition in each Lab Bag.
- 4. Peel strip off Lab Bag to expose adhesive backing and follow instructions printed on Bag to create a continuous, airtight seal.
- 5. Place the sealed Lab Bag into the MicroGenDX Shipping Box (shipping label already attached to bottom of box).
- 6. Close the MicroGenDX Shipping Box and seal with the clear sealing sticker or a piece of tape.
- 7. You can add multiple completed lab bags into the MicroGenDX Shipping Box.



**3 CONVENIENT FEDEX SHIPPING METHODS**

- 1. Drop into FedEx Dropbox including Kinkos FedEx locations
- 2. For Physician Offices Only: Call for pick up 1-800-GoFedEx (1-800-463-3339). Say "agent" twice to speak to agent. Let them know it's prepaid pick up.
- 3. For Physician Offices Only: Use our online "schedule a pick up" page at MicroGenDX.com. *Make sure to retain your tracking number.*

