

### THIS TEST COMES WITH:



### COLLECTION DO'S & DON'TS

- ✓ **DO** — Have patient drink plenty of fluids on the evening before the test, provided the patient is not on a fluid restriction.
- ✓ **DO** — Wait at least an hour after eating before collecting a sputum sample.
- ✓ **DO** — Collect at least 1mL, if less than 1mL is available, absorb with multi-purpose swab for BAL samples. Collect at least 5-10mL of the thick sputum secretions for Sputum samples.
- ✓ **DO** — Ship your sample as soon as possible after collection. This is optimal, however, if there is a slight delay, MicroGenDX samples are stable significantly longer than culture samples.
- ✗ **DO NOT** — Brush teeth or use mouthwash. Doing so could kill bacteria in the sputum, rendering it useless.
- ✗ **DO NOT** — Collect too much saliva
- ✗ **DO NOT** — Alter the sample prior to sending to the MicroGenDX lab, including using a centrifuge.
- ✗ **DO NOT** — Get Lidocaine in the collected BAL sample.



Scan this code to view video sample collection instructions.

### BRONCHOALVEOLAR LAVAGE (BAL) COLLECTION

Please extract the Bronchoalveolar Lavage (BAL) sample based on your facilities protocol. Place BAL sample fluid in the provided 90mL cup. If less than a pea-sized (at least 1mL of fluid) amount is collected, absorb it with the provided swab. Then place swab back in the housing tube, and send instead of the 90mL collection cup.

**Note:** At the healthcare providers discretion, multiple samples can be collected from different regions of the lungs. These can all be placed in the same container.

### SPUTUM COLLECTION

#### STEP 1

Start with deep breathing which helps loosen secretions and brings them to the back of the throat which is necessary in collecting a good sample. It is imperative to collect sputum, the thick secretions ("green stuff") from the lungs, rather than saliva, the thin secretions from the mouth.

#### STEP 2

Sit in a chair or on the side of the bed. If you are unable to sit up, get into a High-Fowler's Position, pictured on the right. Remove dentures if you have them.



HIGH-FOWLER'S POSITION

#### STEP 3

Rinse your mouth with plain water. This will help in reducing cross contaminants of microbiota found in the mouth.

Put on gloves and goggles. Uncap the container, carefully avoid touching the inside to ensure that it remains sterile.



#### STEP 4

Perform 3 deep breaths and cough as instructed, expectorating the sputum into the container.

If you don't get an adequate sample on the first try, continue to cough until you're able to collect a minimum of 5mL.

If you have trouble bringing up secretions, breathe into a nebulizer (if available) and try again. If not, try more deep breathing.

Once you've collected the specimen, securely cap the container. Remove and discard your gloves and wash hands thoroughly.



SEE PATIENT INFORMATION & SHIPPING INSTRUCTIONS ON REVERSE



## PATIENT INFORMATION

### 1. MARK SAMPLE

Use a permanent marker to write patient name, date of birth and sample collection date on 90mL 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.



### 3. INSURANCE INFORMATION

Submit patient face sheet and demographics with insurance information or both sides of a patient's insurance card. If this is a prepaid test skip this step.



## PACKING SAMPLES FOR SHIPMENT

1. Slide the folded Lab Requisition Form into the open back pocket of the Biohazard Bag.
2. Place 90mL Collection Cup or Multi-Purpose Swab into the center sealable pocket of Biohazard Bag.
3. **IMPORTANT:** Place only one Sample and one Lab Requisition Form in each Biohazard Bag.
4. Securely seal the Biohazard Bag making sure it is completely closed.
5. Place the sealed Biohazard 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 Biohazard Bags into the MicroGenDX Shipping Box.**



## 3 CONVENIENT FEDEX SHIPPING METHODS

1. Drop into FedEx Dropbox including 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 a prepaid pick up.
3. For Physician Offices Only: Use our online "Schedule a Pickup" page at [www.MicroGenDX.com](http://www.MicroGenDX.com). **Make sure to retain your tracking number.**

