

Correct collection process is vital to receiving the most accurate NGS diagnostic results. Please follow the steps below.



WOMEN'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** - Use vaginal suppositories for 24 hours prior to collection.
- ✗ **DO NOT** - Take antibiotics. Although this test can still be performed, patients should be off all antibiotics for 2 days prior to collection. Consult with your healthcare provider before going off antibiotics.
- ✗ **DO NOT** - Contaminate the sample with period blood during menstruation. If possible avoid collecting sample during menstruation.
- ✗ **DO NOT** - Insert the swab further than 2 inches to avoid injury.

****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.

HOW TO COLLECT A VAGINAL SWAB

STEP 1

Clean the genital area with soap and water before collecting the sample.



STEP 2

Twist the cap at the dotted line to break the seal. Remove the Swab completely from the tube not letting your hands touch the swab beyond the break point.



STEP 3

Hold the swab in one hand, use the second hand to separate the labia majora. Then carefully insert the swab into the vaginal opening 2 inches (5cm) past the introitus. DO NOT insert the swab further than 2 inches to avoid injury. Gently rotate while twisting the swab for 20 seconds around the interior walls of the vagina. The swab must touch the walls of the vagina to absorb the necessary moisture. When withdrawing the swab, do so without touching the skin. Use the second swab to repeat the sample collection using the exact same sampling procedure.



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, separate the labia, 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.



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 both Vaginal Swab Tubes.



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 Both Vaginal Swabs into the center/sealable 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.**



***NOTE:** Please place multiple Lab Bags in Shipping Envelope or 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.*

