

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



# AT HOME URINE SAMPLE COLLECTION METHOD

## SAMPLE COLLECTION METHOD

*For Men*

### Do's & Don'ts

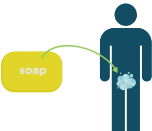
- ✓ **DO** - Clean the genital area with soap and water before collecting the sample.
- ✓ **DO** - Perform a preparatory urination two hours in advance of first sample.
- ✓ **DO** - Place red seal strip (see step 4-b) over the cap attaching firmly to both sides of the vial.

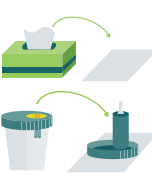
- ✗ **DO NOT** - Use Lidocaine gel. If collecting urine via catheter, Lidocaine gel can render sample invalid or give false negative test results.
- ✗ **DO NOT** - Take in any fluids two hours in advance of first sample.
- ✗ **DO NOT** - Take antibiotics. Patient must be off all antibiotics for 2 days prior to collection. This is optimal. However, if not possible, the test can still be run.
- ✗ **DO NOT** - Fill 8ml vial more than 1/2 full.


**PLEASE NOTE: DO NOT remove rubber cap from 8ml sample vial.** Vials are shipped vacuum sealed. Removal of cap will render the vial unusable. Be sure to press vial onto needle in a smooth, quick motion to ensure successful transfer a sample liquid.

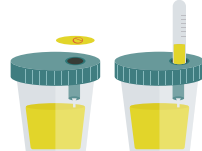


**Collect 2 Urine Samples before shipping. Once in the morning and once at night. Repeat steps 1-4 for each sample.**


**1**  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.

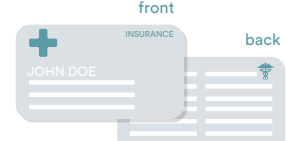
**2**  Spread a clean tissue on a surface close to the toilet bowl. Remove the lid from the urine cup and place it top-side down on the tissue. Place the open urine cup next to the tissue, being careful not to touch the rim of the cup or lid with fingers or body surface at any time.

**3**  Hold the empty cup in one hand. Hold only the base of the penis in the other. Begin urination and without stopping collect 1/3 to 1/2 of the total cup then withdraw and cap the cup.

**4**  a. Peel seal off the lid and press capped 8ml vial upside down onto the needle of the vacuum to transfer urine into the specimen tube. Draw in at least 4ml of the sample fluid and remove specimen tube with cap intact.

b. Place red seal strip over 8ml vial cap. Ensure seal strip is firmly attached on both sides of vial to prevent cap from coming off during transit.

**5**  a. Write patient's name and collection date on the label found on the lab requisition form and paste it on the small collection bag or vial. If there is no label, use a permanent marker to write name and collection date on small collection bag or vial.  
b. For private insurance plans please have the patient sign the lab requisition form accepting financial responsibility

**6**  Submit patient face sheet and demographics with insurance information or both sides of a patient's insurance card.

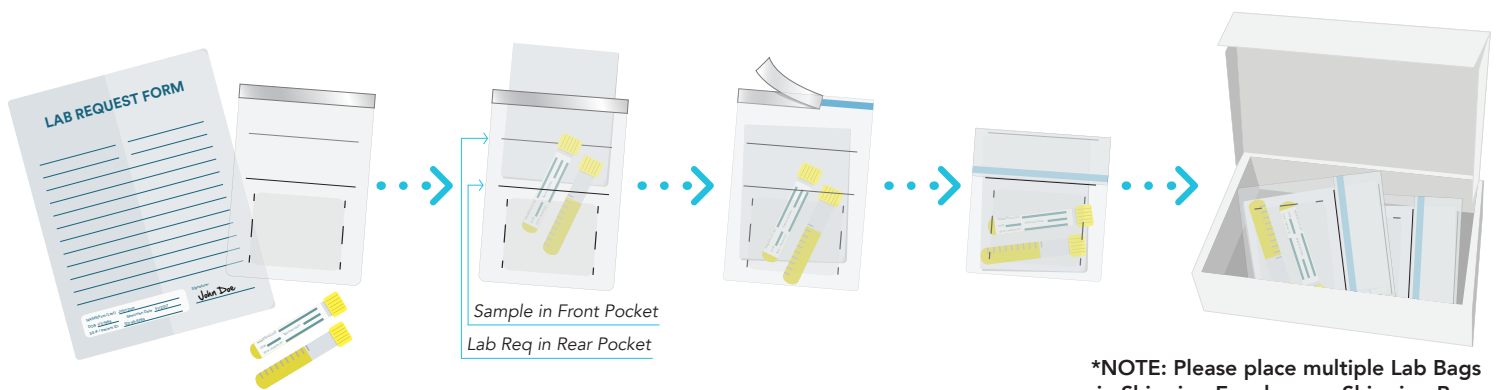
SEE SHIPPING INSTRUCTIONS NEXT 



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SOUTHWEST REGIONAL PCR LABORATORY, DBA MICROGEN DIAGNOSTICS, LLC

## PACKING SAMPLES FOR SHIPMENT

1. Place the Small Sample Collection Bag and/or Vials into the front pocket (between the black hash-lines) of Biohazard Lab Bag
2. Place folded Lab Requisition Form into the back pocket of the Lab Bag
3. IMPORTANT: Place only one Sample and one Lab Requisition in each Lab Bag
4. Peel white 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 Prepaid FedEx Shipping Box\*



## 3 CONVENIENT FEDEX SHIPPING METHODS

1. Drop into FedEx Dropbox including Kinkos FedEx locations
2. 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. Use our online "schedule a pick up" page at [MicroGenDX.com](http://MicroGenDX.com).

*When possible, retain your tracking number.*

