

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



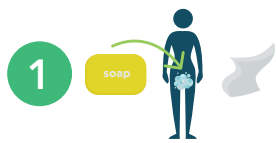
# URINE SAMPLE COLLECTION METHOD

## For Women

### Do's & Dont's

- ✓ **DO** - Clean the genital area with soap and water before collecting the sample.
- ✓ **DO** - Perform preparatory urination. Empty the bladder while intermittently starting and stopping the flow of urine 4-6 times in quick succession then finish. Wait at least 2 hours after preparatory urination before providing first sample – during these two hours do not take in any fluids.

- ✗ **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.



1 Cleanse all areas around 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 In collecting the sample, some women find it easier to do so by facing the back of the toilet and straddling the toilet in a hovering position. With free hand spread labia apart. Begin urination and without stopping collect to the 10ml mark.



4 Pull off the seal on the lid and transfer urine into the specimen tube. Using the pipette. Draw in the sample fluid and fill the collection tube up to the 10ml mark and cap the collection tube.



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- Write the 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.
  - 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.

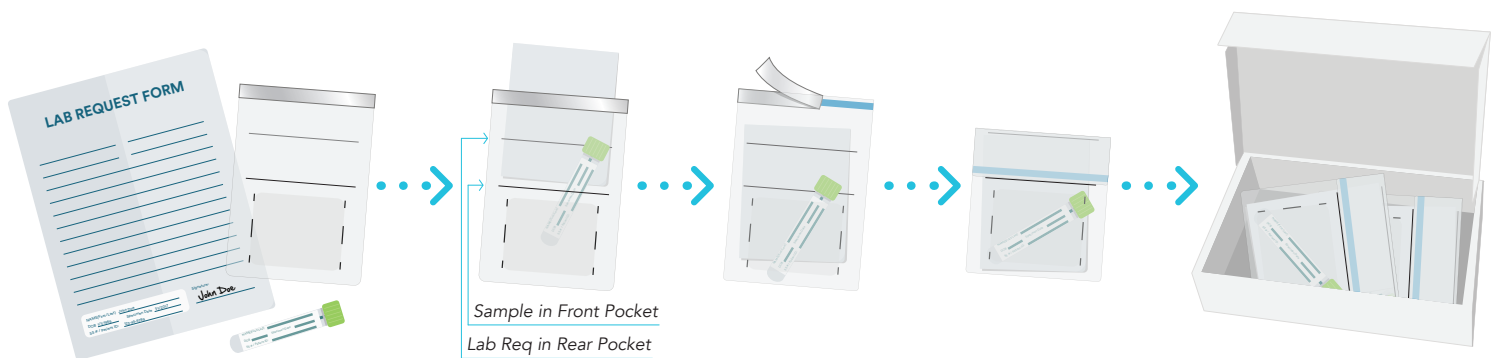
SEE SHIPPING INSTRUCTIONS NEXT



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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, following instructions printed on Bag, create a continuous, airtight seal
5. Place the sealed Lab Bag into the Prepaid FedEx 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. 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.

*When possible retain your tracking number.*

