

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



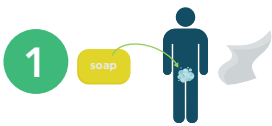
URINE SAMPLE COLLECTION

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 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.

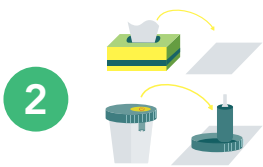
PLEASE NOTE: DO NOT remove rubber cap from 8ml sample vial. Vials are shipped vacuum sealed. Removal of cap will render the vial unusable. Be sure to press vial onto needle in a smooth, quick motion to ensure successful transfer a sample liquid.



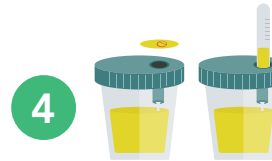
1 Cleanse all areas around urinary exit with soap and water. With a clean tissue, blot off the urethra without touching any part of genital area with hands.



3 **Women:** 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 1/2 to 1/4 of the total cup then withdraw and cap the cup.



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.



Men: 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.

- 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.
- 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. (If not included, don't worry, some tubes vary)



- Use a pen to **write your First and Last Name and Date of Birth on the labels** included in your kit.
- Place the **Name and D.O.B. label** on your **transportation tube**. Place **one barcode label** on the outside of your **biohazard bag** and one on the **outside of your box**. Leave **one barcode label unpeeled in your box**.



6 **SCAN THE QR CODE ON THE BACK OF YOUR KIT WITH YOUR PHONE CAMERA.**

Visit our website to watch a video with instructions and register your kit if you are not able to scan your QR code. register.novalynnfertility.com

SEE SHIPPING INSTRUCTIONS NEXT





PACKAGING & SHIPPING COLLECTION SAMPLES

PACKING SAMPLES FOR SHIPMENT

1. Place the Small Sample Collection Vials into the Biohazard Bag and seal your bag.
2. **IMPORTANT:** Do not place anything inside biohazard bag with your tube sample.
3. Download return shipping label from your customer portal and print or email to the shipping carrier for print.
4. Place biohazard bag into the provided return shipping mailer with shipping label.
5. Drop off prepaid mailer at your nearest Shipping Carrier location the same day as collection.

NOTE: More than one Lab Bag can be placed in the Shipping Box

