Mail-in Lab Test

Urine Sample Collection Kit

Instructions For Use

Read these instructions for best results

Before You Begin

✔ You should not have urinated for at least one hour prior to sampling

✔ Make sure your kit includes all contents

✔ Set all kit contents out in an area where you can easily access to begin sampling

1 Review Kit Contents

1. Cardboard Shipping box
2. Urine Collection Cup
3. Specimen Collection Kit including:

a. Pipette/Dropper   b. Transport Tube

4. Sample Collection Bag including:
   a. Absorbent Strip (do not remove)
5. Requisition Form
6. Box Seal (White Adhesive Strip NOT PICTURED)

2 Collect Your Sample

Be sure to catch the first part of your urine stream

- Hold collection cup directly in line with your urine stream
- Fill about one-half of cup
- Female patients should not cleanse the labial area prior to providing a specimen

3   Transfer Your Sample

Do not discard clear liquid in Transport Tube

- Place collection cup on flat surface
- Use pipette/dropper to draw urine from the collection cup into the Transport Tube
- Fill Transport Tube so that urine is BETWEEN THE BLACK FILL LINES (do not under or over fill)
- Discard Urine Collection Cup and excess urine
- Screw cap on tightly

4   Prepare Your Paperwork

Remove the label from the lower right hand corner of the requisition form

- Place the label on the Transport Tube

5 Prepare Sample for Shipment

Do not discard Absorbent Strip in Sample Collection Bag

• Place Transport Tube in the Sample Collection Bag

• Seal Collection Bag according to directions
• Place Collection Bag with the Transport Tube in the Cardboard Shipping Box

Place Requisition Form in the Cardboard Shipping Box

• Remove included box seal (white adhesive strip) and set aside. Tuck in lid edge. Peel off backing from included box seal and place over lid edge to seal the box securely for shipment
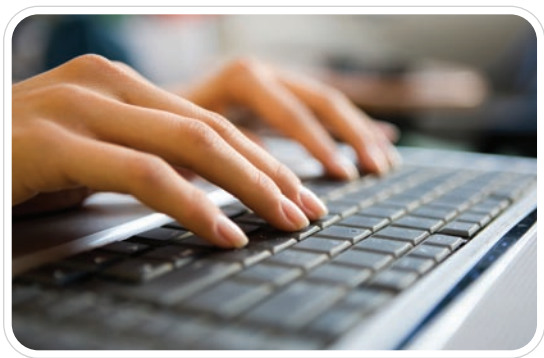
6 Mail Your Sample

Drop off sealed Cardboard Shipping Box at any United States Post Office (www.usps.com)

- Take package promptly to United States Post Office for shipment.
- DO NOT DROP IN OUTDOOR MAILBOX OR EXPOSE TO EXCESSIVE HEAT

7 Retrieve Your Results

You will be notified by e-mail that your results are in; click on the link in the e-mail to connect with our private, secure web site and enter your last name and confirmation number

— or —

Simply log into www.getstdtested.com 3-5 days following the date of the return shipment and enter your last name and confirmation number

Need Help?

Online: www.getstdtested.com

Toll-Free: 866-749-6269

E-Mail: help@dtcmd.com

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