

Preparation

Online Kit Registration

Register online if you have not already done so.

<https://4uhealth.com/register>

To avoid rejections, follow these points:

- Make sure your test is registered online before it arrives at the lab.
- Patient's name on the Online Registration Form and Urine Biohazard Specimen Bag must match exactly.
- **Collect your urine sample from the first stream in the morning and return it on the same day.**
- **Please refrain from showering, cleansing the genital area, or urinating at least 1 hour before collecting the sample.**
- Collection of larger volumes of urine may reduce test sensitivity. **Only fill about half of the collapsible urine cup with first-catch urine (the initial urine stream).**

cobas® PCR Urine Sample Kit Component Parts

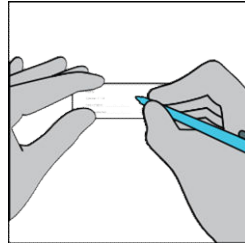


- A = PCR Media Urine Transport Tube
B = Urine Transfer Pipette

Specimen Collection Instructions

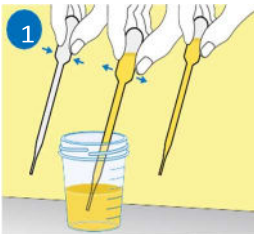
Follow collection instructions carefully.

Step 1: Label Specimen Bag

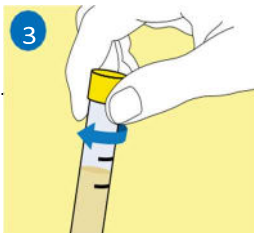


On the biohazard bag, clearly print your Name, Date of Birth, Collection Date, and Collection Time.

Step 3: Transfer Urine



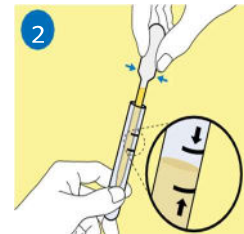
PIPETTE: Immediately transfer the urine into the cobas® PCR Media Tube using the provided disposable pipette.



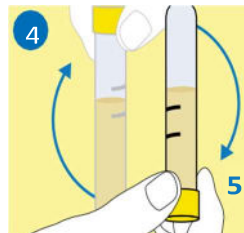
CAP: Tightly re-cap the cobas® PCR Media Tube.

Step 2: Collect Urine Sample

- A. Open the collapsible urine cup packet.
- B. Expand the white urine collection cup.
- C. Provide first-catch urine (initial urine stream) into the urine collection cup. **Fill approximately only half the cup.**



TRANSFER: The correct volume of urine has been added when the fluid level is between the two black lines on the tube label.



MIX: Invert the tube 5 times to mix. The specimen is now ready for transport.

ENSURE THE CAP IS TIGHTLY SECURED TO PREVENT LEAKS DURING SHIPPING.



Shipping

Mail samples same day as collected

1. Place the tightly closed urine tube in the provided biohazard bag.
2. **Place biohazard bag back into the 4U Health shipping box.** If your STD Kit came with more than one specimen type, please collect your blood and/or swab samples.
3. Once all your specimens are in the 4U Health shipping box, close and insert box into the shipping bag, seal bag, then label bag with return shipping label.
4. **Returning By USPS**
If your return label says USPS, drop in the nearest mailbox or deliver to your favorite post office.

Returning By FedEx

If you purchased expedited shipping with FedEx, drop off at the nearest FedEx dropbox Monday thru Friday:
<https://www.fedex.com/en-us/shipping/dropbox.html>

If shipping on a Saturday, we recommend you visit a FedEx Office location. **Verify your drop-off location offers Saturday service:** <https://local.fedex.com/en-us>