

## Preparation

### Online Test Registration

Register online if you have not already done so.

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

### To avoid rejections, follow these points:

- Do not spill the clear liquid preservative inside the urine transport tube.
- Make sure your test is registered before it arrives at the lab.
- Patient's name on the biohazard bag must match exactly to the online test registration form.
- 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

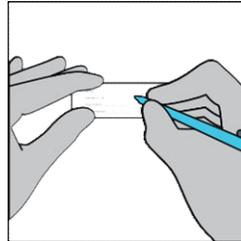


- A = PCR Media Urine Transport Tube  
B = Urine Transfer Pipette

## Specimen Collection Instructions

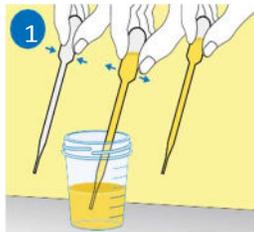
Follow collection instructions carefully.

### Step 1: Label Specimen Bag

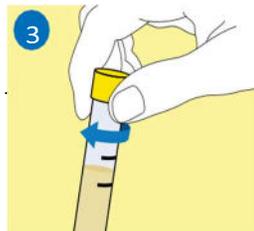


On the biohazard bag, clearly print your Name, Date of Birth, Collection Date, and Collection Time.

### Step 3: Transfer Urine



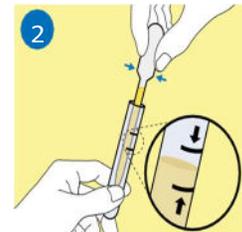
**PIPETTE:** Immediately transfer the urine into the cobas® PCR Media Tube using the provided disposable pipette.



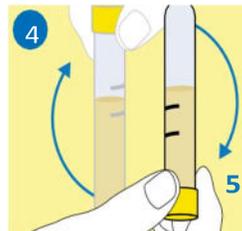
**CAP:** Tightly re-cap the cobas® PCR Media Tube.

### Step 2: Collect Urine Sample

- Open the collapsible urine cup packet.
- Expand the white urine collection cup.
- 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 by next business day

- Place the tightly closed urine tube in the provided biohazard bag.
- Place biohazard bag back into the 4U Health shipping box. If your STD test came with more than one specimen type, please collect your blood and/or swab samples.
- 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.
- 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>