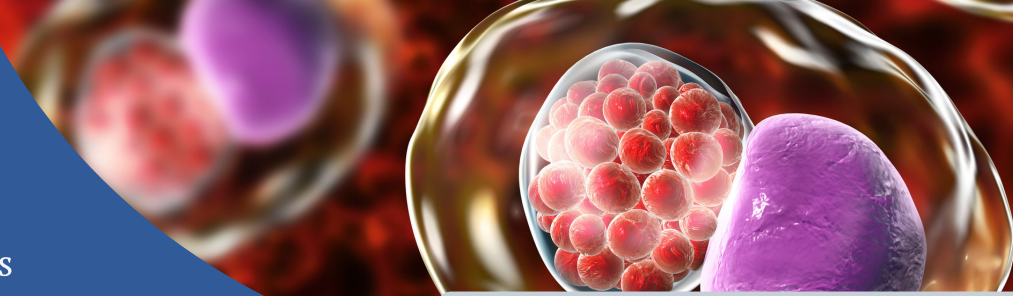




Precision Health Solutions



STI Panel

Urine

SPECIMEN COLLECTION PROCEDURES

SPECIMEN TYPE

- Non-clean catch urine in sterile container or in urine collection kit provided by Precision Health Solutions.
- Sample stability is 24 hours for urine shipped in sterile container. Stability is 48 hours if shipped in a boric acid stabilization tube.

COLLECTION PROCEDURE

Best to collect specimen using first morning void if possible

1. Wash hands with soap and water.
2. Begin to urinate directly into the container, allow the container to collect approximately 10 ml of urine (or half full).
3. Finish urinating into the toilet if required.
4. Screw the lid onto the container.
5. Remove the yellow seal from the blue urine container.
 - Please be careful as under the seal contains a sharp.
6. Take grey tube and place the top of sharp container and the urine should begin filling up the tube.
 - Please repeat the same process with the yellow tube.
7. Immediately label the sample collection container with first name, last name and date of birth.
 - *If this step is missed, your sample may be subject to rejection.*
8. Place the completed test requisition and any other supporting documentation in the pocket of the specimen bag.
9. Contact PHS to schedule courier pick-up.



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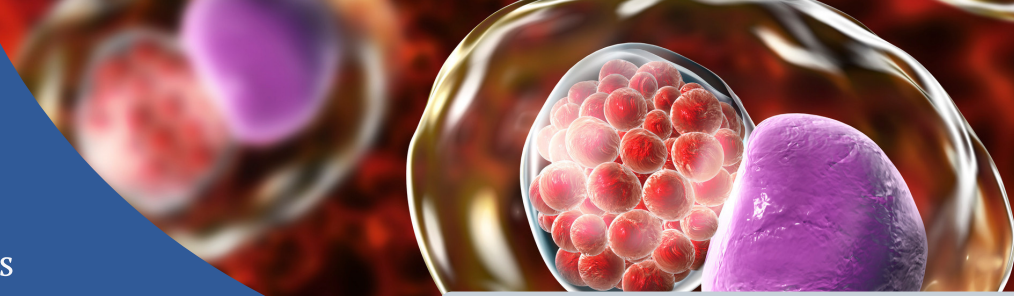


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STI Panel

Genital

SPECIMEN COLLECTION PROCEDURES

SPECIMEN TYPE

- Swab of Lesion/Ulcer submitted in Viral Transport Media (VTM) provided by Precision Health Solutions.
- Specimen should be submitted to the laboratory for testing as soon as possible, but no later than 2 days after collection. Sample stability is 72 hours.

COLLECTION PROCEDURE

1. Assemble all required supplies and equipment prior to collecting sample.
2. Select a lesion(s)/ulcer(s) that appear to be fluid filled to be sampled.
 - a. In the absence of fluid filled lesions, scrape the crusts of lesions and place into VTM container and move to Step 3.
 - b. If site is ulcerated, remove crust if applicable, collect pus with provided swab and move to Step 3.
3. Using provided sterile swab, collect fluid and swab base of lesion/ulcer to collect cellular material where virus is at its highest concentration.
 - a. If multiple sites are present, collect sites and submit into one container.
4. Place swab into VTM container and screw cap on container.
5. Ensure that the specimen container is labeled with two patient identifiers that match the requisition form.
6. Place the labeled specimen in provided biohazard bag with absorbent sheet.
7. Place completed sample requisition form along with demographic information in pocket of specimen bag.
8. Contact PHS to schedule courier pick-up.



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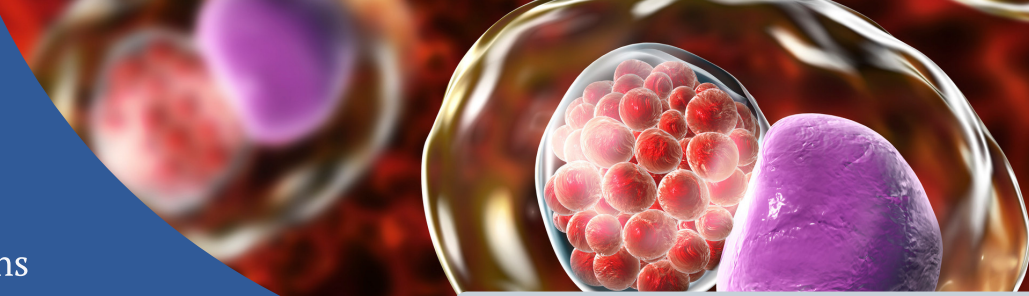


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STI Panel

Oral

SPECIMEN COLLECTION PROCEDURES

SPECIMEN TYPE

- Oral swab submitted in Viral Transport Media (VTM) provided by Precision Health Solutions.
- Specimen should be submitted to the laboratory for testing as soon as possible.
- If a lesion or ulcer is present in the mouth, follow the lesion/ulcer instructions.

COLLECTION PROCEDURE

1. During sample collection when handling the swab applicator, the collector must hold the swab from the handle or the upper part of the swab shaft.
 - Please do not touch the swab.
2. While holding the swab from the handle or from the upper part of the shaft, remove it from the tube.
3. Holding the swab by the handle, insert the swab inside the mouth over the tongue and wet the swab with saliva.
4. Move the swab to the side of the mouth and firmly roll the swab 10 times against the cheek, close to the gingival wall.
 - Use the index and medium finger to press on the cheek while collecting the swab.
5. Repeat step 3 by transferring the swab on the other cheek.
6. Replace the swab into the plastic tube and close tightly.
7. Immediately label the sample collection container with first name, last name and date of birth.
 - If this step is missed, your sample may be subject to rejection.
8. Place the completed test requisition and any other supporting documentation in the pocket of the specimen bag.
9. Contact PHS to schedule courier pick-up.



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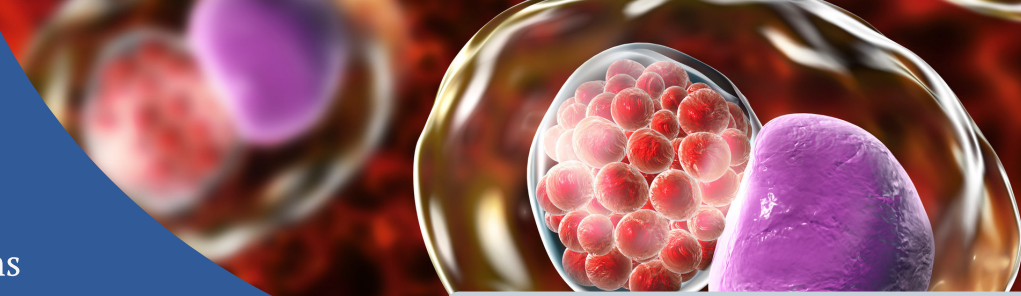


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Precision Health Solutions



STI Panel

Rectal

SPECIMEN COLLECTION PROCEDURES

SPECIMEN TYPE

- Rectal swab submitted in Viral Transport Media provided by Precision Health Solutions.
- Specimen should be submitted to the laboratory for testing as soon as possible, but no later than 2 days after collection.

COLLECTION PROCEDURE

RECTAL SWAB:

1. Carefully insert the swab into your rectum about 1-2 inches (3-5 cm) past the anal margin (the outside of the anus) and gently rotate the swab clockwise for 5 to 10 seconds
2. Transfer the swab into the VTM tube.
3. Shake the vial until the sample appears homogeneous.
4. Holding near the end of the shaft, bend the swab at a 180 degrees angle to break it off at the marked breakpoint.
5. Immediately label the sample collection container with first name, last name and date of birth.
 - *If this step is missed, your sample may be subject to rejection.*
6. Place the completed test requisition and any other supporting documentation in the pocket of the specimen bag.
7. Contact PHS to schedule courier pick-up.



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