

Preparation



Online Kit Registration

Register online if you have not already done so.

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

Prior to collecting your sample

1. Wash your hands with warm water.
2. Read instructions completely.

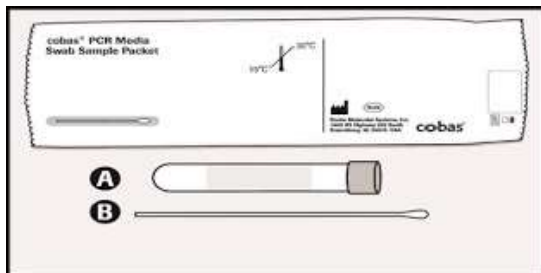
To avoid rejections, follow these points:

- Vaginal lubricants, creams, and gels containing carbomer(s) may interfere with the test and should not be used during or prior to sample collection.
- Do not collect vaginal specimen while on your period (menses). If the collected specimen contains excess blood (specimen has a red or brown color), it will be discarded and not used for testing.
- Please ensure you collect the sample at least 48 hours after your period. Additionally, refrain from using vaginal creams or gels, and avoid engaging in sexual activity for a minimum of 48hrs before sample collection.

Safety tip:

- Avoid contact of the cobas® PCR Media (the liquid in the transport tube) with the skin, eyes or mucous membranes. If contact does occur, immediately wash with large amounts of water.

Cobas® PCR Media Swab Sample Component Parts

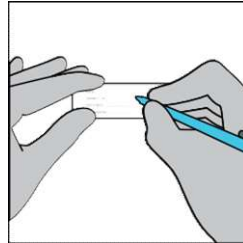


A = PCR Media Transport Tube
B = Woven Swab

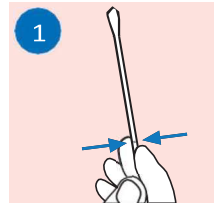
Specimen Collection Instructions

Follow collection instructions carefully.

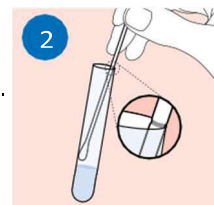
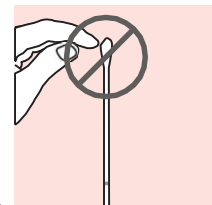
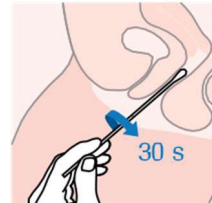
Label Specimen Bag



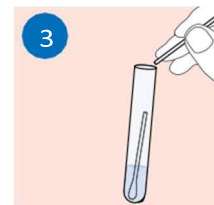
On the biohazard bag, clearly print your Name, Date of Birth, Collection Date, and Collection Time.



COLLECT: To collect the specimen, hold the woven swab with the scoreline above your hand and insert the swab about 5 cm (2 inches) into the vaginal opening. Gently turn the swab for about 30 seconds while rubbing the swab against the walls of the vagina. Withdraw the swab carefully. **Do not let the swab touch any surface before placing it into the collection tube.**

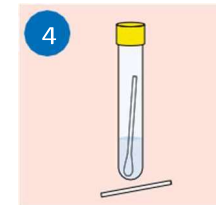


ALIGN: Remove the cap from the cobas® PCR Media Tube and lower the swab specimen into the tube until the visible scoreline on the swab is aligned with the tube rim.



BREAK: Carefully leverage the swab against the tube rim to break the swab shaft at the scoreline.

Specimen Collection Instructions Cont.



CLOSE: Tightly re-cap the cobas® PCR Media Tube. The specimen is now ready for transport.



Shipping

Mail samples same day as collected

1. Place the tightly closed swab 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, urine, and or other 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>