

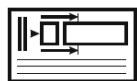
STI Comprehensive (PART 1: Blood Collection)



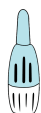
STI Testing is a simple blood test that puts you in charge of your sexual health. Sexually transmitted infections may be present without showing symptoms of disease.

STEP 1: MATERIALS CHECKLIST

Blood Collection Supplies



x2 ADX100
Serum Separator
Card



x4 Lancet
(Single Use
Only)



x4
Alcohol
Prep Pads



x4
Band-aids



x2
Gauze Packs

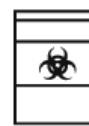
Shipping Supplies



Patient Registration
Card



Mailer Box



Specimen
Bag



Return Mailing
Envelope

STEP 2: FILL-OUT REGISTRATION CARD

STEP 3: BLOOD SAMPLE COLLECTION

READ ALL STEPS CAREFULLY

1



Place card on clean dry surface. Print your Last name, First Name and Date of Birth and Collection date on the AdvanceDx100 Serum Separator Card

2



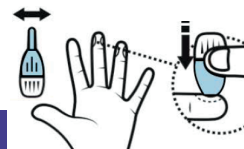
Wash hands in very warm water. Vigorously shake, rub and massage selected hand. Let your hand hang at your side and shake it back and forth for 15-20 seconds. To increase blood flow, rub the selected finger stick area until it is warm to the touch.

3



Wipe the middle and the ring finger of your non-dominant hand with alcohol. Then wait for 30 seconds for the alcohol to dry prior to pricking your finger with the lancet.

4



Twist and pull the blue lancet cap straight out. Press the safety lancet tip firmly against the tip of the middle or ring finger to activate the device. At puncture site, wipe away first drop of blood with gauze.

5



Wipe away the first drop of blood with a clean dry gauze.

6



CAUTION: Hard squeeze stops the blood from flowing.

Gently massage palm toward finger to allow blood to drip into the circles. Ensure all of the circles are filled. Standing may help increase the blood flow.

7



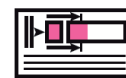
TIP: Do Not touch the right side of the card containing your serum.

DO NOT rub or smear (allow full drops of blood to form and freely fall onto the paper).

DO NOT allow multiple drops in the same circle (no overlapping).

DO NOT use heat to assist drying.

8



Leave card out for 60 minutes or until completely dry.

Use gauze to clean your finger and apply pressure to ensure the site is no longer bleeding. Then apply a band-aid when finished.

STEP 4: PACK SAMPLES



Tear open the Blood Sample Return Bag and place the dried blood card inside. Quickly seal the Blood Sample Return Bag



Place the Blood Sample Return Bag into the specimen bag. .



Place the sealed specimen bag into original mailer box, then inside the mailing envelope. Ensure the return label is adhered to the mailing envelope.

***NOTE:** You will return both your Blood & Urine samples together.

STEP 4: SHIPPING SAMPLE

Simply drop your sealed and packaged test in your mailbox, or take to your nearest USPS.

IF YOU NEED HELP contact us: cs@ihdlab.com

STEP 5: RESULT

Within 72 HOURS after receiving your specimen, a link will be sent to your registered email or phone. Use the link to check your result.



Need help? We are here.

We are available by email or phone to answer your questions,
review your sample and more.



(800) 820-8803



cs@ihdlab.com



Register



Sample Collection



Lab



Results

SCAN FOR VIDEO
INSTRUCTIONS



STI Comprehensive (PART 2: Urine Collection)



STI Testing is a simple blood test that puts you in charge of your sexual health. Sexually transmitted infections may be present without showing symptoms of disease.

STEP 1: MATERIALS CHECKLIST

Urine Collection Supplies



AptimaTM
Urine Specimen
Transport Tube



Urine
Collection
Container

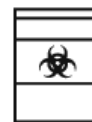
Shipping Supplies



Patient Registration
Card



Mailer Box



Specimen
Bag



Return Mailing
Envelope

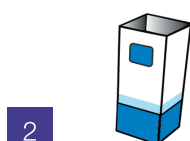
STEP 2: FILL-OUT REGISTRATION CARD

STEP 3: BLOOD SAMPLE COLLECTION

READ ALL STEPS CAREFULLY



1 Do not urinate for at least 1 hour prior to specimen collection



2 Gently squeeze sides to open peecanther (urine collection container) until base locks.



3 Provide **first-catch** urine sample (fill to the top of the light blue line) into the urine cup provided.



4 Remove the cap from the AptimaTM urine transport tube. Using the disposable pipette, transfer 2mL of urine from the urine cup to the AptimaTM urine transport tube. The urine level must be within the indicated region indicated on the tube.



5 Re-cap the AptimaTM urine transport tube tightly.



6 Clearly print your Name and Date of Birth on the AptimaTM Urine tube.

i Ignore the line that says, Patient ID#, and write in your DOB.

- Do not use any other alternative urine cup.
- Do not collect too much urine. High volume may dilute the sample and reduces the test sensitivity.
- Female patients should not cleanse the labial area prior to collecting urine.

- Under fill or overfill the AptimaTM transport tube will result in specimen rejection.

STEP 4: PACK SAMPLES

Legibly print your name and Date of Birth on the AptimaTM urine transport tube.

Place the AptimaTM transport tube into the biohazard specimen bag and seal. Next, place the biohazard specimen bag inside the original mailing box and close.

Place the original mailer box inside the mailed envelope. Ensure the return label is adhered to the mailing envelope.

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STEP 4: SHIPPING SAMPLE

Simply drop your sealed and packaged test in your mailbox, or take to your nearest USPS.

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review your sample and more.



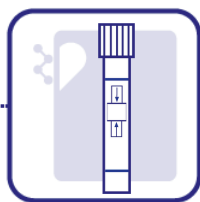
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Register



Sample Collection



Lab



Results

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