IHDLAB
Innovative Health Diagnostics

FDA KIT INSTRUCTIONS

INCLUDED IN KIT

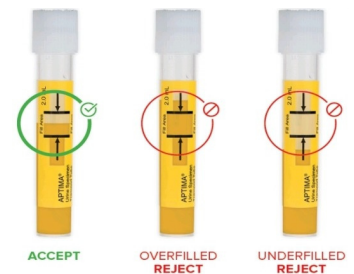| 3 SST Tubes | 2 LAV Tubes | 1 Urine Cup | 1 Aptima Urine |

PATIENT CHECKLIST

- ☐ Refrigerate gel packs before blood draw.
- ☐ Check expiration dates on all vials and containers. (Do NOT use if date has expired)
- ☐ Check lab order inside kit box to confirm Full Name, DOB, and Demographics are correct.
- ☐ Be sure to take the entire kit including documents and gel packs to your appointment.
- ☐ Do Not Urinate 1 hour before collection.

DOCUMENTS

- Kit Instructions
- Billing Memo
- Fedex UN3373 Shipping bag
- FedEx Billable Stamp

COLLECTION INSTRUCTIONS

1. Check lab order inside kit and confirm all patient information is filled out and correct.
2. Label all tubes and containers with patient's **First and Last Name, DOB, and Date of collection**.
3. Begin collection of blood samples using all tubes provided inside the kit.
4. After collection, take **3 SST** tubes and **2 LAV** tubes and mix them by inverting **8-10 times**.
5. Let all tubes set to clot at least **30 mins but no more than 1 hour** before centrifugation.
6. Centrifuge at **1000-1300 G or 2200-2500 RPM for 15 mins** and within 1 hour of collection.
7. For Urine collection ask patients for minimum of 20-30 ML of urine into sterile urine cup.
8. **If** CT/NG testing is required transfer 2ML of urine from cup into the Yellow Aptima Tube.

ACCEPT OVERFILLED REJECT UNDERFILLED REJECT

Aptima Tube: Fill between black lines only. Overfilling or Underfilling will be rejected.

SHIPPING INSTRUCTIONS

1. Make sure all containers are labeled with patient **Full name, DOB & Collection date**.
2. Once you have checked all tubes and urine samples put them inside the biohazard specimen bag.
3. Add gel packs into the silver bubble mailer with the patients' samples and close.
4. Please be sure the lab order is properly filled out and all tests are clearly marked.
5. Add patient lab order, silver bubble mailer with patients' samples into kit box and close.
6. Apply return label to the outside of the FedEx pack.
7. Arrange FedEx Pick up or Drop off. Note: **For pickup call 1-800-463-3339 (1800-GO-FEDEX)**