

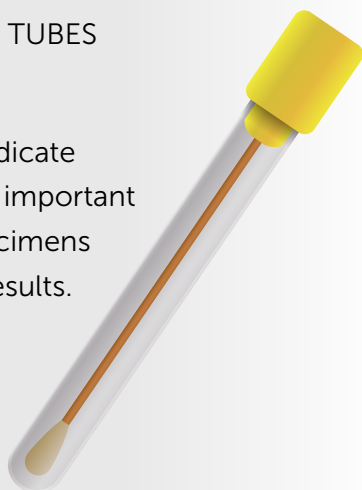
Home STD Testing Instructions

Read these before you begin. Follow the instructions for the test type(s) that apply to you.

Your test kit MUST be registered in order to access your results online. Register your kit online at

[Register.MolecularTestingLabs.com](https://www.Register.MolecularTestingLabs.com)

- 1** Do not eat, drink, or smoke for 30 minutes prior to collection of oral specimens.
- 2** Do not collect specimens while taking antibiotics and wait at least 7 days to collect specimens after you have stopped taking them.
- 3** Collection tubes may contain a liquid preservative. **DO NOT EMPTY LIQUID PRESERVATIVE FROM COLLECTION TUBES IF PRESENT.**
- 4** Each collection tube is labeled to indicate collection site (oral, anal, urine). It is important that you are placing the correct specimens into each tube to ensure accurate results.
- 5** Make sure each tube is placed in a separate biohazard bag to prevent cross-contamination.



Urine Instructions

Read these before you begin.

- 1** Do not urinate for at least 1 hour prior to collection. Using first morning urine is best.
- 2** Urinate directly into the collection cup, and collect 30 mL - 50 mL of urine.
- 3** Use the pipette to transfer urine from the collection cup into the collection tube marked 'Urine'.
- 4** Fill the collection tube until the combined liquid is between the designated fill lines. **DO NOT FILL TUBE PAST THE MAXIMUM FILL LINE OR SPECIMEN WILL BE REJECTED.**
- 5** Place lid onto the collection tube and ensure it is closed evenly and tightly.
- 6** Write your date of birth in MM/DD/YYYY format onto the tube in the designated area (DOB).
- 7** Write the specimen collection date (today's date) in MM/DD/YYYY format onto the tube in the designated area (Coll. Date).
- 8** Place collection tube into an empty biohazard bag and ensure the seal is closed completely.



Throat Swab Instructions

Read these before you begin.

This test is recommended if you have had a PENIS IN YOUR MOUTH in the last 12 months...

- 1** Wash hands with soap and water.
- 2** Making sure not to touch the cotton tip, remove the swab from the wrapper.
- 3** Hold in your hand and look into a mirror.
- 4** Open your mouth wide and wipe the swab around the tonsils and across the back of the throat for 10 seconds.
- 5** Do not touch the tongue or cheeks with the swab.
- 6** Unscrew the cap of the tube marked 'Oral', making sure not to spill any liquid.
- 7** Placing the swab into the tube, bend the shaft of the swab at the line until it breaks.
- 8** Screw the cap of the tube back on tightly.
- 9** Write DOB in MM/DD/YYYY in the designated area on the tube.
- 10** Write specimen collection date (today's date) in MM/DD/YYYY format in the designated area (Coll. Date) on the tube.
- 11** Place collection tube into an empty biohazard bag and ensure the seal is closed completely.



Rectal Swab Instructions

Read these before you begin.

This test is recommended if you have had a PENIS IN YOUR RECTUM/ANUS in the last 12 months...

- 1** Wash hands with soap and water.
- 2** Making sure not to touch the cotton tip, remove the swab from the wrapper.
- 3** Put the swab 1-2 inches into the rectum and rotate it for 10–20 seconds.
- 4** Unscrew the cap of the tube marked 'Anal', making sure not to spill any liquid.
- 5** Placing the swab into the tube, bend the shaft of the swab at the line until it breaks.
- 6** Screw the cap of the tube back on tightly.
- 7** Write DOB in MM/DD/YYYY in the designated area on the tube.
- 8** Write specimen collection date (today's date) in MM/DD/YYYY format in the designated area (Coll. Date) on the tube.
- 9** Place collection tube into an empty biohazard bag and ensure the seal is closed completely.



Shipping Check List and Instructions

- Have you registered your kit at Register.MolecularTestingLabs.com? This will give you electronic access to your test results once they are ready.
- Have you used all collection devices contained in the kit to collect the required specimens?
- Is your date-of-birth written on all specimen collection tubes using MM/DD/YYYY format?
- Is the collection date written on all specimen collection tubes using MM/DD/YYYY format?
- Is each specimen collection tube sealed in its own biohazard bag? (ONLY one specimen per bag)
- Are all specimens placed into the box?
- Is the box placed into the pre-paid return shipping bag?
- Is the return shipping bag completely sealed?