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SPECIMEN COLLECTION INSTRUCTIONS

Female Clean Catch Method

1. Wash hands thoroughly with soap and water.
2. If you are menstruating, insert a fresh tampon to stop the flow.
3. Separate the skin folds around the urinary opening for collection.
4. Open a towelette packet and wash the urinary opening and the surrounding area from front to back. Discard the towelette.
5. Void into the toilet for a few seconds and then stop. Wait until the stream is well established before stopping.
6. Place the empty container into the path of the stream.
7. Restart the urine stream and collect in sterile container to catch the middle portion of the flow, filling the urine cup halfway.
8. Finish voiding into the toilet.
9. Tightly screw the cap on the container. Avoid touching the inside of the container.
10. Make sure the container is labeled with the patient's name and date of birth.
11. Return the specimen to an employee for packaging.

Male Clean Catch Method

1. Wash hands thoroughly with soap and water.
2. If necessary, retract foreskin away from urinary tract opening.
3. Use towelettes to clean tip of penis, including urethral opening. Discard the towelette.
4. Void into the toilet for a few seconds and then stop. Wait until the stream is well established before stopping.
5. Place the empty container into the path of the stream.
6. Restart urine stream and collect in sterile container to catch the middle portion of the flow, filling the urine cup halfway.
7. Finish voiding into the toilet.
8. Tightly screw the cap on the container and avoid touching the inside of the container.
9. Make sure the container is labeled with the patient's name and date of birth.
10. Return the specimen to an employee for packaging.

SPECIMEN SHIPPING INSTRUCTIONS – FEDERAL EXPRESS SHIPPING INSTRUCTIONS

- Use sterile technique for specimen collection and close all containers tightly. **DO NOT FREEZE OR ADD FIXATIVE TO ANY SAMPLE.** Each specimen must be clearly labeled with at least two patient identifiers (patient's name and date of birth), along with the collection date. Secure each specimen container tightly to avoid leakage in transit.
- Complete the test requisition with the patient's demographics and insurance information. There is a secondary pouch in the biohazard bag for the test requisition. The clinical indication is required for appropriate cell culture parameters.
- Place the specimen inside the enclosed biohazard bag pouch containing the absorbent material.
- Call Genesys Diagnostics Inc. at **(860) 574-9172** to arrange further shipping instructions.
- If instructed that Genesys Diagnostics Inc. courier service is picking up the sample, place biohazard bag including corresponding requisition and specimen in *large* insulated Genesys Diagnostics box.
- Alternatively, if Genesys Diagnostics Inc. arranges for a Fedex pick up, place biohazard bag including corresponding requisition in *small* insulated Genesys Diagnostics Inc. box and then place box into Fedex Clinical Pak shipping bag. Attach the pre-labeled and prepaid FedEx air bill.
- Contact laboratory for additional shipping materials, further instructions or any questions: **860-574-9172**.