

COVID-19 (RT-PCR) PATIENT TAKE HOME COLLECTION KIT NASAL SAMPLE

IMPORTANT: The specimen should be collected on the same day as the pickup is scheduled. Samples should only be collected Monday-Friday and Saturday morning. Shipping services do not operate on Sundays.

**THESE INSTRUCTIONS SHOULD BE READ BEFORE BEGINNING TESTING.
FOLLOWING THESE STEPS ENSURES ACCURATE TESTING.**



SAFETY FIRST

You must be 18+ to collect a sample using this kit.

If you come into contact with the saline solution liquid in the sample tube, you should immediately wash your hands.

SHIPPING INSTRUCTIONS

Must collect and ship on the same day. Mon-Fri and Sat morning only.
Do not collect on Sunday

**KEEP A COPY OF YOUR TRACKING
NUMBER**

Visit www.ups.com/dropoff to view UPS drop box locations and pick up schedules.

Please go to nearest UPS drop off location(s) and drop off package before the last overnight pick up.

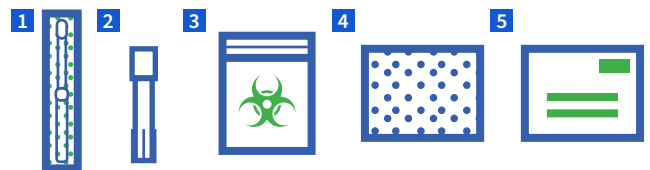
CAUTION: Saturday drop off hours are significantly earlier than weekdays

Call ADL Health Customer Service at **(800) 834-3LAB (3522)** if you have any questions.

STEP 1: PREPARE FOR SAMPLE COLLECTION

- 1 Go to ADLHealth.com and login to your account to **ACTIVATE** your kit
- 2 **Wash hands** with soap and water and dry thoroughly.
- 3 **Open kit** and place all items on a clean, dry surface. Make sure all items shown to the right were received. **Do not open any items yet.**

COLLECTION KIT CONTENTS



- 1 (1) Swab (Wrapped)
- 2 (1) Specimen Collection tube
- 3 (1) Biohazard Bag with absorbent pad
- 4 (1) Bubble Pouch
- 5 (1) Prepaid UPS Return Envelope

If you have ANY questions, call Advanced Diagnostic Laboratory Customer Service.

1077 Central Pkwy S., Ste. 200, San Antonio, TX 78232

Tel: (800) 834-3LAB | Fax: (210) 982-4001 | www.ADLHealth.com

STEP 2: SPECIMEN COLLECTION

- 1 **Loosen top** of the collection tube and **stand** it on a flat surface.

Do not spill the specimen solution. If you spill any liquid, the test should not be returned and you should contact Advanced Diagnostic.

If you come into contact with any liquid, you should wash your hands immediately. Use soap and water to clean any spills. **DO NOT USE BLEACH TO CLEAN ANY SPILLS.**

- 2 **Remove swab** from its package. **DO NOT** touch tip of swab and **DO NOT** lay the swab on any surface.

- 3 **Insert swab** in one nostril until the tip of swab is no longer visible. Rotate in a circle around the inside edge of nostril for 10 seconds, then gently remove from the nose. **DO NOT** force the swab any further up and into your nose at any point. You must collect your sample from **BOTH** nostrils before placing into the specimen container.

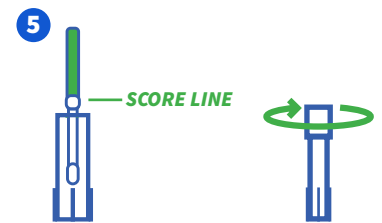
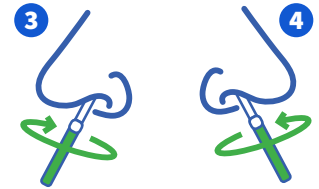
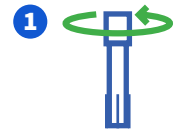
- 4 **Gently insert** the same swab into the other nostril and repeat instructions in number 3 above.

- 5 **Immediately after swabbing both nostrils**, remove the cap from specimen collection tube. Insert swab in specimen collection tube so the swab tip sits in the specimen solution.

Carefully snap off the handle at score line by pushing against the side of the specimen collection tube. Discard the top portion of the swab.

Screw the lid tightly onto the specimen collection tube. This will ensure that the lid does not come off during shipping, which could prevent your sample from being processed by the lab.

WRITE YOUR NAME AND DATE OF BIRTH ON THE COLLECTION TUBE LABEL.



STEP 3: PACKAGING AND SHIPMENT FOR SPECIMEN

- 1 Insert sealed specimen collection tube in the biohazard zip lock bag and seal it.

- 2 Fold the specimen bag in half, place it inside the bubble pouch and seal it. Place the bubble pouch inside the UPS return envelope and seal it also.

- 3 Wash hands with soap and water and dry thoroughly. It is important that UPS receives your sample on the same day as the collection.



IMPORTANT



If dropping your sample via UPS drop box, ensure your sample is dropped off before the last overnight pick up of the day. The UPS drop box will indicate the time for the last pick up of the day. **Do not** deliver sample to a drop box on a weekend (Sat or Sun).

We will not accept or process specimens if: There is no nasal swab inside the specimen collection tube. The specimen sample volume is low due to spillage or leakage. **THERE IS NO NAME OR DATE OF BIRTH ON THE COLLECTION TUBE LABEL.** The specimen is not shipped in the provided envelope. The sample arrived at the laboratory more than 48 hours after collection.

THIS IS AN IMPORTANT STEP AS YOUR SAMPLE WON'T STAY STABLE FOR A LONG TIME. GETTING YOUR SAMPLE ON TIME HELPS ENSURE THE RESULTS ACCURACY.

Visit the CDC website and follow the advice provided in the up to date guidelines here: www.cdc.gov/coronavirus/2019-ncov. "Most people who contract coronavirus are unlikely to have severe symptoms. If you feel very unwell, are experiencing breathing difficulties, or feel that you need treatment from a medical professional, you should NOT wait for the results of this test. Immediately call your healthcare provider, or in a medical emergency, call the emergency services. CAUTION: You should collect this sample yourself.

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