

URINE COLLECTION INSTRUCTIONS

**PLEASE READ INSTRUCTIONS THOROUGHLY
BEFORE COLLECTING YOUR SAMPLE.**

As you go through each step, use the checkboxes to ensure the process is done properly.

PART 1: UNBOXING THE KIT

In addition to this document, the kit includes:

- A. Sterile Urine Collection Cup
- B. Clear Biohazard Bag with Absorbent Materials
- C. Icepacks (2X)
- D. Insulated Freezer Pouch
- E. Parafilm Laboratory Film (2X)
- F. UPS Return Shipping Bag
- G. UPS Return Shipping Label
- H. White UN3373 Box (what the kit came in) Save this!

IMPORTANT — Samples can ONLY be shipped Monday, Tuesday, or Wednesday, but can be refrigerated after collection until you are ready to ship.



For video instructions, use your smartphone camera to scan the **QR Code** to the right



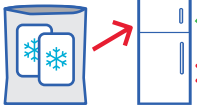


SCAN ME
for step-by-step
video instructions


Video Instructions QR Code






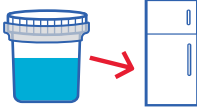
PART 2: PREPARING FOR COLLECTION

<p>1  <input type="checkbox"/></p> <p>Detach and fill out the Intake Paperwork (pg. 5).</p>	<p>2  <input type="checkbox"/></p> <p>Print your name, DOB, & collection date on the cup (A) and the biohazard bag (B) in permanent ink.</p>	<p>3  <input type="checkbox"/></p> <p>Place both icepacks (C) inside insulated freezer pouch (D) in freezer. Allow time to fully freeze.</p> <p>✓ Freezer ✗ Refrigerator</p>
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Optional: Provocation (see FAQ, pg. 4)

<p>4 <u>Do 1 of the following:</u> <input type="checkbox"/></p> <ul style="list-style-type: none"> • 30 minutes exercise • 1-hour lymphatic massage • 1-hour deep tissue massage • 30 minutes in InfraRed sauna 	<p>5  <input type="checkbox"/></p> <p>Empty your bladder in toilet (NOT into the cup).</p>	<p>6  <input type="checkbox"/></p> <p>Continue your day, eating and drinking as usual. Your next urination will be collected for sample.</p>
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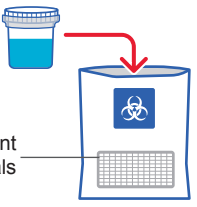
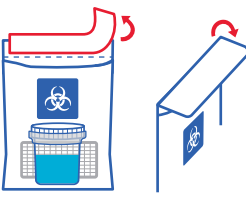
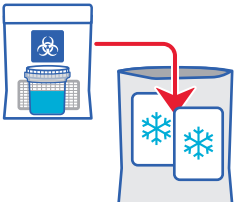
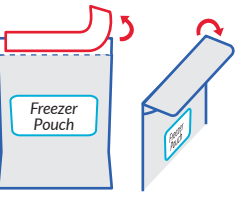
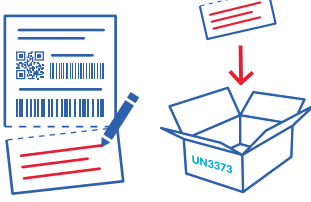
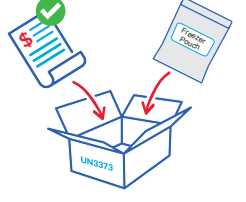
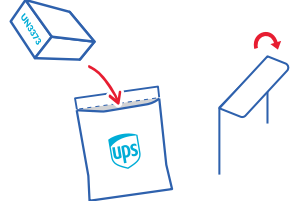

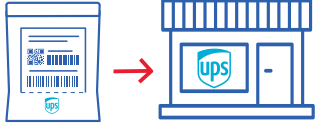
PART 3: COLLECTING THE URINE

<p>7  <input type="checkbox"/></p> <p>Urine into collection cup (A). Fill at least 30ml/1oz. The more you can fill, the better. You can add to the cup with a second urination to achieve enough volume.</p> <p>Recommended Min 30ml/1oz</p>	<p>8  <input type="checkbox"/></p> <p>Close cup tightly by twisting lid clockwise. The lid will click when it is properly sealed.</p>
<p>9  <input type="checkbox"/></p> <p>Peel off 1 piece of parafilm (E) and wrap tightly by stretching around cup and base of the lid to create a seal. Repeat with second piece of parafilm.</p>	<p>10  <input type="checkbox"/></p> <p>Place fully sealed cup in refrigerator until ready to ship. DO NOT FREEZE THE URINE SAMPLE. Sample will be untestable if frozen.</p> <p>✗ Freezer ✓ Refrigerator</p>

IMPORTANT — Make sure you are able to ship your sample within 1 WEEK of collection.

PART 4: PACKAGING AND SENDING

Do the following **ONLY** on Monday, Tuesday, or Wednesday when ready to ship.

<p>11</p>  <p>Absorbant Materials</p> <p>Place sealed, sample-filled cup (A) into clear biohazard bag with the absorbant materials (B) still inside the bag.</p>	<p>12</p>  <p>Seal the biohazard bag by peeling the white backing off the top of the bag, then folding over itself.</p>	<p>13</p>  <p>Place sealed biohazard bag (B) in between frozen icepacks (C) inside insulated freezer pouch (D).</p>
<p>14</p>  <p>Seal insulated freezer pouch by peeling the clear backing off the top of the pouch then folding over itself.</p>	<p>15</p>  <p>Fill out personal info at the bottom of UPS return shipping label (G), detach that portion, and place in white UN3373 Box (H).</p>	<p>16</p>  <p>Ensure paperwork and payment info (pg. 5) is completed. Place paperwork and freezer pouch (D) inside box (H) and close lid.</p>
<p>17</p>  <p>Place UN3373 box (H) inside UPS return shipping bag (F). Seal by peeling clear plastic off and folding over itself.</p>	<p>18</p>  <p>Tracking # xxx xxx xxx xxx</p> <p>Attach UPS shipping label (G) to the UPS shipping bag (F). Note the tracking number if you wish to track shipment.</p>	<p>19</p>  <p>Take package to any UPS dropoff location. We recommend dropping off as early in the day as possible (especially on Wednesday).</p>

✓ Once you have completed steps 1-19, your sample is ready to be analyzed!

FREQUENTLY ASKED QUESTIONS

When should I collect my urine sample?

You can collect any day of the week, as long as it is NOT your first urination after waking that day. You can refrigerate your sample until you ship it back to us.

How long can I keep my sample refrigerated?

You can refrigerate your sample for up to 10 days, but we recommend no more than 7. If it is stored too long, the sample may become untestable and be rejected.

Why can I only ship my sample on Monday, Tuesday, or Wednesday?

The lab is not open on weekends and is unable to accept shipments if they do not arrive during business hours (M-F). The insulated freezer pouch cannot maintain the appropriate temperature over long time periods, which will make the sample untestable and it will be rejected.

What happens if my sample is “rejected”?

Since a rejected sample cannot be properly analyzed, you will need a new kit to complete the testing. If you need another kit sent to you, know that there may be a \$50 replacement kit charge.

How will I know if my sample is rejected?

Following the instructions and ensuring care in performing all steps in a timely manner is the best way to ensure a viable sample. If the laboratory rejects your sample, we will inform you.

My urine sample didn't have 30ml of volume. What do I do?

Do not empty the cup. Simply refrigerate the sample (with the lid closed but not sealed with the Parafilm) and add to it with your next urination(s) until you have at least 30ml in total.

What is “provocation” and why should I do it?

The microorganisms this test is designed to detect often take up residence in places other than the urinary tract, such as the joints, tissues, and lymph. The act of provocation is designed to literally physically push these microorganisms "out of hiding" and towards the urinary tract, making for a more robust sample for testing purposes. While provocation is not required for accurate results, it will increase our detection capability and is recommended prior to completing your urine test.

Do I have to wait for a certain period after provocation before collecting my sample?

No, there is no set time requirement to wait. What is most important is that you do not collect the first urination after completing provocation for your sample, but to collect the second one. Note that you should carry on with your day as normal, and do NOT drink excess fluids (or alcohol) during this time, as this may lead to an untestable sample.

What happens if I return the sample but forgot to pay?

We will stabilize your sample, but will not process the sample analysis until payment is received. You may still make payment on the website: dnaconnexions.com/product/lyme-test-return-sample or you can call us to pay by phone at **(888) 843-5832 option-1** to do so.

I'm concerned I may have done something incorrectly – what do I do?

Please call DNA ConneXions at **(888) 843-5832 option-1** if you are concerned that any steps may have been performed improperly. We will assist you to either correct the issue or to provide you with instructions to obtain new materials as needed.

URINE SPECIMEN INTAKE PROTOCOL

YOUR INFORMATION

Name: _____ Email: _____

Date of Birth: _____ Phone: _____

Mailing Address: _____ City: _____ State: _____ ZIP: _____

Urine Sample Collection Date: _____

*Upon submission of sample(s) to DNA ConneXions, I acknowledge that DNA ConneXions cannot provide a diagnosis for disease and/or subsequent treatment. These results are from DNA PCR testing and indicate the presence of targeted foreign DNA. This information alone should not be used to diagnose or treat a health problem or disease. All reported results are intended for a consultation with a qualified health care provider for interpretation, diagnosis and treatment.

PAYMENT INFORMATION

Option 1: Pay Online



SCAN ME
to Pay Online

or visit:
dnaconnexions.com/product/lyme-test-return-sample

Analysis w/
STANDARD
Processing

10 business days

\$680

Analysis w/
RUSH
Processing

5 business days

\$779

*Sample processing time starts once BOTH the sample and payment have been received.

*Rush needs to be added to your online cart separately.

Option 2: Pay by Phone

Call DNA ConneXions at **(888) 843-5832 option-1** (billing)

Option 3: Mail Credit Card Info

Provide payment info on reverse side (Pg. 6)

PROVIDER INFORMATION

Name: _____ Email: _____

Address: _____ Phone: _____

URINE SPECIMEN INTAKE PROTOCOL

CREDIT CARD INFORMATION

Please only provide this if you chose not to pay on the website or by phone.

Card Type (circle one): **Visa** **Mastercard** **Amex** **Discover**

Card Holder Name (as it appears on card): _____

Card Number: _____

Expiration Date: _____ CVC: _____

Card Holder's Billing Address: _____

Card Holder's Phone Number: _____

Check one to authorize payment amount:

Analysis w/
STANDARD
Processing
10 business days
\$680

Analysis w/
RUSH
Processing
5 business days
\$779

*The lab will begin the analysis once payment has been successfully processed. We will contact you if there are any issues with payment.

DNA ConneXions will not store your credit card information.