

Telehealth Specimen Collection Kit

When you receive this package, please confirm the following items are included:

- (1) Urine cup
- (1) Swab and Tube (labeled THROAT)
- (1) Swab and Tube (labeled RECTAL)
- (1) BD Affirm Collection Kit
- (1) 95kPa Clear 'Biohazard Specimen Transport' bag
- (1) Plastic 'HBH' bag

If any collection devices listed above are not included in this shipment, please call 773.388.1600 ext. 2991 or email PreventionSupply@howardbrown.org.

Instructions for Specimen Collection:

Please read all steps before you begin

- Urine Collection
 - Wash your hands well with soap and water. Do not clean or wipe your genitals.
 - Pass the first part of the urine stream into the specimen cup until about half full. Pass the rest into the toilet.
 - Screw the lid firmly back on the cup and place in the clear *Biohazard Specimen bag*
 - Wash your hands again with soap and water.
- Self-Collection Swabs: THROAT
 - Wash your hands well with soap and water.
 - Remove swab from package without touching the cotton-end tip.
 - Open mouth widely and touch the end of the swab to the back of the throat, above your tongue and around the tonsils.
 - *Avoid swabbing gums or inside of cheek*
 - Uncap tube and keep upright – do not pour out the clear liquid.
 - Lower the swab (cotton-end first) into the collection tube. Break off the top half of the swab along the middle indented line.
 - *Do no puncture through the foil*
 - Throw away wrapper and place in clear *Biohazard Specimen bag*
 - Wash your hands thoroughly.

- Self-Collection Swabs: RECTAL
 - Wash your hands well with soap and water.
 - Remove swab from package without touching tip. Hold swab with one hand and lift one cheek for easy access to rectum.
 - Insert swab 1 inch into anus, twist for 30 seconds while swab touches against anal swabs.
 - Remove swab without touching any surface. Twist open the collection tube.
 - Uncap tube and keep upright – do not pour out the clear liquid.
 - Lower the swab (cotton-end first) into the collection tube. Break the top half of the swab off along the middle indented line.
 - Do no puncture through the foil
 - Throw away wrapper and place sample in clear *Biohazard Specimen* bag
 - Wash your hands thoroughly.

- Self-Collection BD Affirm
 - Wash your hands well with soap and water.
 - Take all items out of bag but do not throw zip-lock away;
 - *Write the date you collected this sample on the outside of bag*
 - Tear the small white package along the blue dotted line and remove the ampule (the small sealed vial containing liquid)
 - Break the ampule by squeezing the sides– similar to breaking a glow stick to activate it.
 - While holding the clear Sample Collection tube upright, dispense all liquid from the ampule into the tube
 - *Temporarily cap the tube to prevent the liquid from falling while you collect specimen*
 - Take the cotton-swab from the package and insert the swab into the vagina
 - Twist or roll the swab against the vaginal wall two or three times, ensuring the entire circumference of the swab has touched the vaginal wall
 - Immediately place the swab in the clear Sample Collection Tube
 - With the swab touching the bottom of the collection tube, grasp and bend the handle of the swab just above the top of the tube until the swab breaks.
 - Place the cap over the exposed end of the swab and firmly press the cap onto the tube. The cap will “snap” onto the tube when it is properly seated
 - Place the capped Sample Collection Tube into the plastic Sample Transport Bag



Drop Off Information

It is important we submit these samples for processing as soon as they are collected. All kits must be returned **only during hours of operation:**

Howard Brown Health
4025 N Sheridan Rd.
Monday – Friday
10am – 4:30pm

If you have any further questions or concerns administering any of the screening devices, please reach out directly to your provider, email PreventionSupply@howardbrown.org or call 773.388.1600 x 2991.