



Lyme PCR Urine Test (+ Co-infections)



Please read all instructions carefully before beginning

In your collection pack you will have received:

1. Sample Collection cup
2. Parafilm Strips x2
3. Biohazard Bag with absorbent strips,
4. Ice pack x2
5. Grey Mailing bag with return address

Place the ice packs in the freezer the evening before sample is to be shipped so it is ready for transport.

A false negative result may be obtained if you are physically inactive before the urine sample is collected. It is highly recommended that you are **physically active for at least 30 minutes**, void your bladder after completion of exercise, wait one hour, then collect the urine sample. **Do not collect first urine in the morning!**

How to run the test:

1. Collect urine directly into collection cup, close the lid tightly, please try and collect as much as possible but a minimum of 30ml is required to process the sample.
2. Remove Parafilm from the protective paper backing. The 'plastic' is the Parafilm, discard paper.
3. Wrap the Parafilm around the lid of the collection cup covering both the lid and the top portion of the collection cup to ensure a leak proof seal. Stretch the Parafilm as you wrap it to ensure adherence of the film to the collection cup. Repeat with the second piece of Parafilm provided.
4. Complete the sample ID information on the sample collection cup.
5. Place the urine filled cup, sealed with Parafilm, into the labelled biohazard bag. Seal Biohazard bag.
6. Place Biohazard bag into thermal envelope (with frozen icepacks) and place in the white box.
7. Fill out the Test form provided, please include contact information in case we need to get in touch. Place Test form in the white box with the sample.
8. Place the delivery box inside the returns mailing bag with address on.
9. **If shipping from the UK**, take the sample to the post office and send **"Next Day before 1pm Special Delivery"** on either a MONDAY, TUESDAY or WEDNESDAY.

**Do not ship specimen on Thursday and Friday.
Samples MUST be received by Invivo Clinical within one day of collection.**