

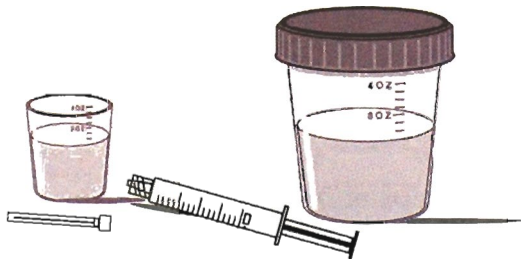


Unmasking the Underlying Cause of Disease™

Reorder: Cat. No. 098-T55A205SOL

Specimen should be stored frozen until ready for testing (approx 0 °C / 32 °F).

Specimen should be brought to room temperature just prior to testing (approx 25 °C / 70 °F).



INSTRUCTIONS

Collecting Urine and Saliva for

SOLARIS

PART I

Collecting the Urine and Saliva Specimens for the

SOLARIS test

Be sure to read these instructions in its entirety prior to collecting your specimen. Failure to properly collect, store, and/or transport your specimen may result in erroneous results and/or unusable specimen. Be sure to:

- Collect your specimen 2 hours after a meal.*
- Avoid eating meals that are not part of your regular diet. Do not consume foods that are high in nitrates or nitrites such as cured-meats.*
- Do not drink anything including water within 30 minutes of collecting your samples.*

If you have any questions, please contact the health facility at which you will be mailing your samples.

Required Items



4oz Urine Container



30mL Saliva Cup



2- 3mL Luer-lok Syringes



2-Blunt Needle w/ Cap



2-Black Syringe Cap



Re-sealable Plastic Bag



Pair of Latex Gloves



Thermal Shield Pouch



Freezer Gel Pack



Paraffin Wax

**(Optional)
Not Included*



Corrugated Shipping Box

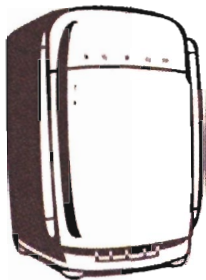
1

A form titled "Patient Information" with various fields for patient details. An arrow points from the bag to the form.

PATIENT INFORMATION	
NAME	_____
ADDRESS	_____
CITY	_____
STATE	_____
ZIP	_____
PHONE	_____
DATE	_____
FAMILY INFORMATION	
FAMILY NAME	_____
FAMILY ADDRESS	_____
FAMILY CITY	_____
FAMILY STATE	_____
FAMILY ZIP	_____
FAMILY PHONE	_____
FAMILY DATE	_____
LABORATORY INFORMATION	
LABORATORY NAME	_____
LABORATORY ADDRESS	_____
LABORATORY CITY	_____
LABORATORY STATE	_____
LABORATORY ZIP	_____
LABORATORY PHONE	_____
LABORATORY DATE	_____
LABORATORY USE ONLY	
LABORATORY USE ONLY	_____

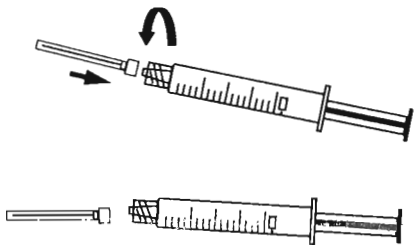
Fill out your Patient Information Card included with your kit. Be sure to fill the card out completely and insert the card in the re-sealable plastic bag. Also fill out the label on the re-sealable plastic bag.

2



Place the provided *refrigerant gel pack* into a freezer with a temperature of approximately 0 °C / 32 °F. Be sure that the gel pack remains in the freezer long enough to become frozen solid. *Do not remove the cold pack until you are ready to ship the specimen.*

3



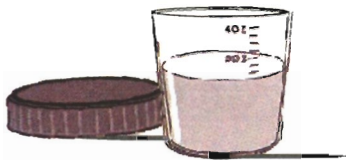
Attach the two 21G x 1½" blunt needles to the two B-D brand luer-lok syringes by pushing it in and turning it *clockwise* until they are hand-tight.

4



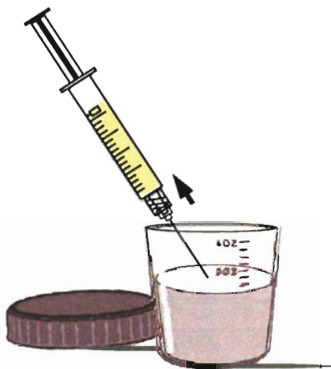
Remove the cap from the 4oz *Specimen Container* by turning *counter-clockwise* and pulling off.

5



Collect *at least 2 ounces of midstream urine* into the 4 ounce specimen cup. Close the lid tight and keep covered until you are ready to draw the sample into a syringe. If you do not draw the sample within 5 minutes of collecting it, store the closed container in your refrigerator until you are ready.

6



Swirl the solution in the closed container. Remove the cap of the blunt needle of one of the syringes and slowly draw 3mL from the middle of the Urine being sure not to collect air bubbles into the syringe.

7

*Paraffin wax
not included



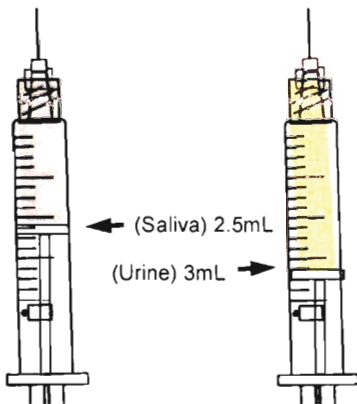
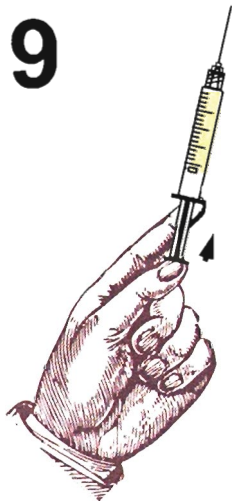
Before collecting the saliva, you can chew food-grade paraffin wax (not included) for several minutes to allow a buildup of saliva to occur. Find the 30mL Saliva cup. Collect *at least 2.5mL of Saliva* by allowing the saliva to well up in your mouth instead of repeatedly expelling it into the cup. Be sure not to include mucous and try to minimize bubbles in your sample.

8



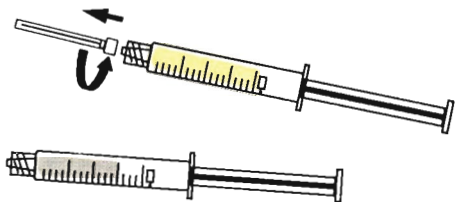
Remove the cap of the blunt needle of the second syringe and slowly draw at least 2.5mL from the middle of the Urine being sure not to collect air bubbles into the syringe.

9



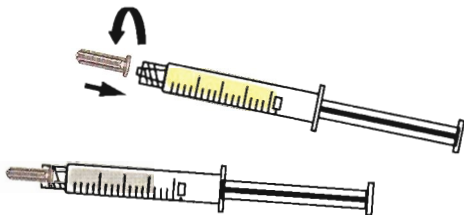
To be sure that you have enough Specimen in the syringe, pull the plunger down all of the way. If you see any air bubbles in the syringe, flick the side of the syringe with your finger until the bubbles move to the top and break. Then slowly push the plunger up until the sample reaches the top. Make sure the bottom of the sample reaches the 3mL mark for Urine and 2.5mL for Saliva. If necessary, draw additional sample repeating steps 6 and/or 8.

10



Replace both of the caps onto the blunt needles of each syringe. Remove the blunt needles from the syringes by holding onto the syringe and turning the needle *counter-clockwise* and pull away.

11



Attach the two black syringe caps securely onto each of the syringes by pushing them onto the syringe and turning the cap *clockwise* until it is hand-tight. Be sure that the syringe caps are securely attached to the syringe to avoid air from oxidizing the specimen. For the same reason, be sure attach the syringe caps immediately after removing the blunt needles.

PART II

Packing and Shipping the Specimen for the

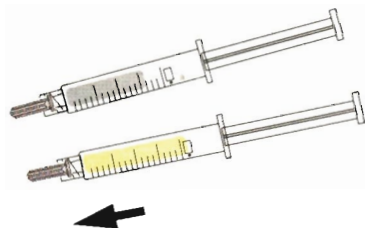
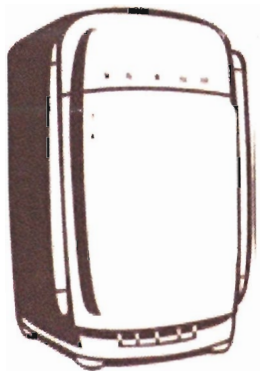
SOLARIS **test**

Be sure to read these instructions in its entirety prior to packing & shipping your specimen. Failure to properly collect, store, and/or transport your specimen may result in erroneous results and/or unusable specimen. When preparing your samples to ship:

- Do not remove your frozen gel pack or specimen from the freezer until you are ready to ship.*
- Ship your specimen via UPS, FedEx, or DHL overnight service.*

If you have any questions, please contact the health facility at which you will be shipping your samples.

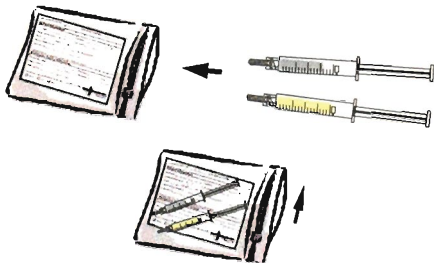
1



Place the two capped syringes containing the Saliva and Urine samples and place them in a freezer with a temperature of approximately 0 °C / 32 °F. Be sure that the caps are securely tightened and the syringes remain in the freezer long enough to become frozen solid.

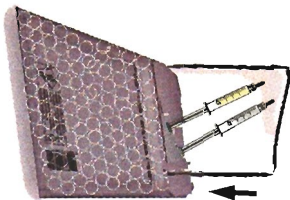
Do not remove the syringes or the cold pack until you are ready to ship the specimen. Be sure that you place the samples in the freezer within 5 minutes of collecting it to ensure the integrity of the specimen.

2



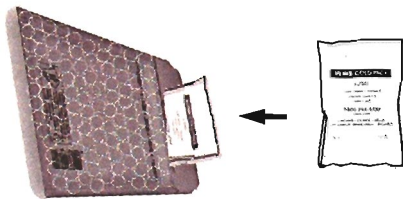
Place the two syringes with frozen samples into the re-sealable plastic bag containing your *Patient Information Card*. Remove as much air from the bag as possible and seal the bag.

3



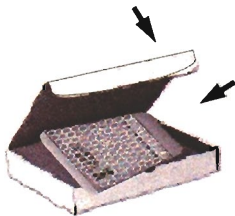
Place the sealed bag containing the two frozen syringes into the Thermal Pouch included with your kit. *Do not remove the adhesive strip on the Thermal Foil Pouch until you complete step 4 in this section.*

4



Place the frozen gel pack into the Thermal Pouch included with your kit. Remove the adhesive strip located on the flap of the thermal pouch, fold it over and press to firmly to seal it.

5



Place the Thermal Foil Pouch containing the two samples into the shipping box and secure the flaps. Tape over the flaps of the box to make sure they remain closed during shipping. *Do not place anything else into the box. The box must be shipped and received within 24 hours to your healthcare facility.*