

# Self-Collection Kit Instructions

For In Vitro Diagnostic Use



1

**Please read all instructions** prior to taking your test. If you are under 18, ask your parent or guardian for help with these instructions.

2

**Create your modMD account** at [modMD.com/homekit](https://modMD.com/homekit) or by scanning the QR code on the front of this card. Your test will NOT be processed until you create an account.

3

**Plan your FedEx dropoff** by visiting <https://bit.ly/fedexdropbox> to view locations and cutoff times (or scan the QR code on the back of this card). You must bring your sample to a FedEx location **on the same day you take your test, at least one hour prior to the last Express pickup time.**

4

**Wash and dry your hands** before opening the kit. Open the kit and place all contents on a clean, dry surface.

5

**Remove the swab from its package**, being careful not to touch the soft end, which is the absorbent tip.

6

**Insert the entire soft end of the swab straight back into your nostril**, about  $\frac{3}{4}$  of an inch (2cm) or until you feel resistance.

7

**Slowly rotate the swab in a circular path along the insides of your nasal passage** at least 4 times for a total of 15 seconds. Gently remove the swab.

8

**Using the same swab, repeat steps 6-7 in your other nostril.**

9

**Remove the cap from the collection tube**, being careful not to spill the liquid. Do not drink the liquid.

10

**Place the swab in the sterile tube** with the absorbent tip down and snap off the end of the swab at the break line. Place the cap on the tube and seal tightly.

11

**Wash and dry your hands.** Insert the collection tube into the biohazard specimen bag. Seal the bag by closing the zip lock seal. Write the date and time you took your test on the specimen bag label.

12

**Place the specimen bag back inside your modMD kit box** and close the lid. Place the kit box inside the FedEx Pak. Remove the adhesive cover strip and seal the return pack closed.

