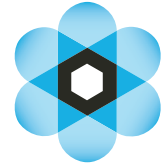


# How to collect a nasal sample from home



**CIRRUSDX**

Your home collection kit contains: (1) specimen bag, (1) test requisition form, (1) sterile swab and NEST<sup>®</sup> tube labeled with patient name and DOB, (1) pre-paid FedEx clinical return pak

## Follow these steps:

|                |   |
|----------------|---|
| <b>Check</b>   | Make sure your information is correct on the test requisition form and Nest <sup>®</sup> tube.  |
| <b>Write</b>   | Write the date you collect your sample in the highlighted area on the test requisition form.  |
| <b>Clean</b>   | Thoroughly wash your hands.   |
| <b>Remove</b>  | Carefully remove the swab from the packaging without touching the soft tip.   |
| <b>Collect</b> | (1) Insert the tip of the swab into one nostril until the tip of the swab is no longer visible. (2) Rotate in a circular motion around the entire inside of the nostril for at least 10 seconds. (3) Take the swab out of the nostril and repeat for the other side. (4) Break swab at the scoreline, place it into the supplied NEST <sup>®</sup> tube, and screw cap on firmly. |
| <b>Pack</b>    | Place your sample in the specimen bag and close it. Put your folded requisition form in the outer sleeve and seal the specimen bag in the pre-paid FedEx clinical return pak.   |
| <b>Send</b>    | Call <b>1-800-GO-FEDEX</b> to arrange pick up of your sample. Or drop it off in a FedEx box or at a FedEx shipping center.*   |

\*Please note, samples shipped out on Fridays will be accepted for Saturday delivery and testing.

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## Questions? We're here to help.

Call **1-240-813-8801** Monday – Friday, 8 AM to 9 PM ET.  
Or email us: [reports@cirrusdx.com](mailto:reports@cirrusdx.com)