







STD TESTING USING NUCLEIC ACID AMPLIFICATION TESTS—SAMPLE COLLECTION INSTRUCTIONS

A ✓ indicates the Collection Kit and Source is acceptable for that assay. Multiple assays can be run from a single sample.

Collection Kit	Source	<i>Chlamydia trachomatis</i> and <i>Neisseria gonorrhoeae</i> CGAMD	<i>Trichomonas vaginalis</i> TVAG AMD STD PANEL1	Bacterial Vaginosis BV TMA VPAN TMA	<i>Candida glabrata</i> , <i>Candida</i> Species and <i>Trichomonas vaginalis</i> CVTV TMA VPAN TMA
Aptima Multitest Swab Collection Kit 	Clinician-collected vaginal	✓	✓	✓	✓
	Patient-collected vaginal	✓	✓	✓	✓
	Clinician-collected throat	✓			
	Clinician-collected rectal	✓			
Aptima Urine Specimen Collection 	First-catch urine—male	✓	✓		
	First-catch urine—female	✓	✓		
Aptima Specimen Transfer Kit 	Clinician-collected Thin Prep (PreservCyt) endocervical	✓	✓		
Aptima Unisex Swab Collection Kit 	Clinician-collected endocervical	✓	✓		
	Clinician-collected male urethral	✓			

Screening recommendations from the CDC can be accessed at [cdc.gov/std/treatment-guidelines/screening-recommendations.htm](https://www.cdc.gov/std/treatment-guidelines/screening-recommendations.htm)

Instructions for Specimen Collection

Specimens should be collected and transported following the manufacturer's instructions and using the manufacturer's collection kits provided by ARUP.

Vaginal Specimens (preferred collection for persons with a vagina)

1. Use an Aptima Multitest Swab Specimen Collection Kit (ARUP supply #55224 PK/50 or #55229 PK/10).
2. Partially peel open the swab package. Remove the pink-shaft specimen collection swab. Do not touch the soft tip or lay the swab down. If the soft tip is touched, use a new Aptima Multitest Swab Collection Kit.
3. Hold the swab, placing your thumb and forefinger in the middle of the swab shaft covering the score line. Do not hold the swab shaft below the score line.
4. Carefully insert the pink-shaft swab into the vagina about two inches (5 cm) past the introitus and gently rotate the swab for 10–30 seconds. Make sure the swab touches the walls of the vagina so that moisture is absorbed by the swab and then withdraw the swab without touching the skin.
5. While holding the swab in the same hand, unscrew the cap from the tube. Take care not to spill the contents of the tube. If you spill the contents of the tube, use a new Aptima Multitest Swab Specimen Collection tube.
6. Immediately place the swab into the transport tube so that the score line is at the top of the tube.
7. Carefully break the swab shaft at the score line against the side of the tube.
8. Immediately discard the top portion of the swab shaft.
9. Tightly screw the cap onto the tube.
10. Store and transport at 2°C to 30°C until tested.

Anal/Rectal Specimens

1. Use an Aptima Multitest Swab Specimen Collection Kit (ARUP supply #55224 PK/50 or #55229 PK/10).
2. Insert the pink-shaft specimen collection swab approximately 3–5 cm into the anal canal.
3. Rotate the swab for 5–10 seconds against the rectal wall (at least three times) to sample the mucosal surface.
4. If the swab is grossly contaminated with feces, discard and repeat the collection.
5. Withdraw the swab carefully, remove the cap from the swab specimen transport tube, and immediately place the specimen collection swab into the transport tube.
6. Carefully break the swab shaft against the side of the tube at the score line and discard the top portion of the swab shaft; use care to avoid splashing of the contents.
7. Recap the swab specimen transport tube tightly.
8. Store and transport at 2°C to 30°C until tested.
9. If needed prior to insertion, the swab can be moistened with water or saline solution.

Throat/Pharyngeal Specimens

1. Use an Aptima Multitest Swab Specimen Collection Kit (ARUP supply #55224 PK/50 or #55229 PK/10).
2. Using the pink-shaft specimen collection swab, sample the bilateral posterior pharynx, both tonsils, and the uvula.
3. Withdraw the swab carefully, remove the cap from the swab specimen transport tube, and immediately place the specimen collection swab into the transport tube.
4. Carefully break the swab shaft against the side of the tube at the score line and discard the top portion of the swab shaft; use care to avoid splashing of the contents.
5. Recap the swab specimen transport tube tightly.
6. Store and transport at 2°C to 30°C until tested.

First-Catch Urine Specimens

1. Use an Aptima Urine Specimen Collection Kit (ARUP supply #28908 PK/50 or #54556 PK/10).
2. Do not urinate for at least one hour prior to collecting specimen.
3. Collect approximately 20–30 mL of first-catch urine (i.e., initial urine stream) into a urine collection cup free of any preservatives. Collection of larger volumes of urine may result in rRNA target dilution, which may reduce test sensitivity. Female patients should not cleanse the labial area prior to providing the specimen.
4. Remove the cap and transfer 2 mL of urine into the urine specimen transport tube using the disposable pipette provided. The correct volume of urine has been added when the fluid level is between the black fill lines on the label of the urine specimen transport tube.
5. Urine sample must be transferred into the Aptima Urine Specimen Collection tube within 24 hours of collection.
6. Recap the urine specimen transport tube tightly.
7. Store and transport at 2°C to 30°C until tested.

Cervical Specimens Collected With Thinprep Pap Media

1. Collect endocervical sample per ThinPrep collection kit instructions.
2. Use an Aptima Specimen Transfer Tube (ARUP Supply #42711).
3. Uncap the Aptima Specimen Transfer tube, placing the cap on the bench with the threads facing up.
4. Vortex the ThinPrep liquid cytology specimen for 3–10 seconds. Uncap the tube, placing the cap on the bench with the threads facing up.
5. Within one minute of vortexing, transfer 1 mL of the ThinPrep liquid cytology specimen into the Aptima Specimen Transfer tube.
6. Dispose of the pipette tip in an appropriate biohazard container.
7. Recap the Aptima Specimen Transfer tube tightly. Gently invert the tube two to three times to ensure complete mixture of the specimen.
8. Recap the tube containing the removed aliquot of ThinPrep liquid cytology specimen for storage for up to 30 days at 2°C to 30°C.

Male Urethral Specimens

1. Use the Aptima Unisex Swab Specimen Collection Kit (ARUP supply #28907 PK/50 or #54555 PK/10).
2. Do not urinate for at least one hour prior to collecting specimen.
3. Insert the specimen collection swab (blue-shaft swab in the package with the green printing) 2–4 cm into the urethra.
4. Gently rotate the swab clockwise for 2–3 seconds in the urethra for adequate sampling.
5. Withdraw the swab carefully.
6. Remove the cap from the Aptima Unisex Swab Specimen Collection tube and immediately place the blue specimen collection swab into the transport tube.
7. Carefully break the swab shaft against the side of the tube at the score line and discard the top portion of the swab shaft; use care to avoid splashing of the contents.
8. Recap the swab specimen transport tube tightly.
9. Store and transport at 2°C to 30°C until tested.

Female Endocervical Specimens

1. Use the Aptima Unisex Swab Specimen Collection Kit (ARUP supply #28907 PK/50 or #54555 PK/10).
2. Remove excess mucus from the cervical ostium and surrounding mucosa using the cleaning swab (white-shaft swab in the package with red printing). Discard this swab.
3. Insert the specimen collection swab (blue-shaft swab in the package with the green printing) into the endocervical canal.
4. Gently rotate the blue swab clockwise for 10–30 seconds in the endocervical canal to ensure adequate sampling.

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5. Withdraw the swab carefully; avoid any contact with the vaginal mucosa.
6. Remove the cap from the Aptima Unisex Swab Specimen Collection tube and immediately place the specimen collection swab into the transport tube.
7. Carefully break the swab shaft against the side of the tube at the score line and discard the top portion of the swab shaft; use care to avoid splashing of the contents.
8. Recap the swab specimen transport tube tightly.
9. Store and transport at 2°C to 30°C until tested