



At-Home Sample Collection Instructions

CARE for Lyme

Community
Awareness and
Research Engagement
for Lyme



Fred Hutch
Cancer Center

Before you begin

Ensure you return the **kit** and submit the **Sample Collection and Feedback Survey** within **7 DAYS** after it is delivered to you.

- Your **black shipping box** contains:
 - This instructional pamphlet
 - A complementary tick remover **only for initial kit*
 - Ice packs
 - ACTION:** Place ice packs in the freezer immediately after receiving your package.
 - Collection devices (packaged in pouches with a colored label):
 - **RED:** Blood Samples
 - **BLUE:** Oral Samples
 - OraSure included **if applicable*
 - **WHITE:** Skin Samples
 - One 2mL tube labeled 'For Skin Swabs - DO NOT CONSUME' included to wet the swabs.
Do not consume this solution.
 - **GREEN:** Rectal Sample
 - **PINK:** Vaginal Samples **if applicable*
 - One biohazard bag
 - One silver (aluminum) bag
 - NOTE:** It contains a sensor that tracks the temperature inside the bag. Please leave it in the bag.
 - **NOTE:** Please handle the shipping box carefully. You will use this box to return your samples.
- Refrigerate your samples after collection until you are ready to ship.
- A PDF version of this pamphlet is on our website FredHutch.org/CAREforLyme, accessible via the QR code on page 17. The **Sample Documentation and Feedback Survey** also include these instructions.

Questions?

Contact care-lyme@fredhutch.org if you have questions or concerns regarding collection, shipping or any unforeseen circumstances.



Blood Samples

You will collect **2** blood samples:

1. Left Arm
2. Right Arm

**Blood Device
Video Instructions**











Important Safety Information

- For best results, shave the area you will apply for the device.
- Ensure you have a timer
- If anything unusual occurs while using the device that is not described in the instructions, contact your doctor. Any serious issue during or after use should also be reported to care-lyme@fredhutch.org.
- If the device falls or touches something that could contaminate it before collection, do not use it. If it falls after collection, you can still return the sample—just note in your survey that it fell. When in doubt, contact care-lyme@fredhutch.org if a replacement is needed.

DO NOT

- Collect both samples at the same time
- Place the devices in the freezer after collection








Preparation

-  Wash your hands with warm water and soap for at least 20 seconds, and clean a flat surface before collecting your sample.
-  In the pouch with a **RED** label, grab 1 Tasso+ device, 1 green lid tube, 1 heat pack, alcohol wipe, and 1 bandage. Place items on your clean surface.
-  Grab the green lid tube and twist off the cap.
-  Place the tube into the device with the fill lines facing out until it's snug.
-  Follow instructions to activate the heat pack or use your hands as a warming method.
-  Rub the heat pack or your hands on your shoulder for 2 minutes to increase blood flow.
-  Use the alcohol pad to clean your shoulder and let it dry.
-  Peel off the clear plastic cover over the red button.



Blood Samples

Collection

-  Peel off the tab from Tasso+ device and stick the device to your upper shoulder. Let your arm hang straight down at your side.
-  Press the red button all the way down ONCE and release. You may need to press firmly.
-  Set a timer for 5 minutes. Watch the tube fill up, using a mirror if needed. Blood may take 1-2 minutes to appear. And you may not feel the device. Remove the device after 5 minutes, or sooner if blood reaches the **top fill line** printed on the tube (the higher of the two fill lines).
-  Peel the device off from one side. Apply the bandage vertically and add slight pressure.
-  Remove the tube from Tasso+ device with a slight twist and pull down.
-  Snap the cap fully onto the tube.
-  Gently invert the tube 10 times to mix the blood. Tap or flick the tube to move any gel.
- Repeat starting from step 1 with the other arm. Take a break if you need, you can come back and do the next one!
- When both samples are collected, fill out the sample collection questions and store the tubes in the fridge.
- Return the sample following the shipping instructions provided on pages 18 and 19. You only need to return the tube of blood.

Self-Lollisponge

Important Safety Information

- The presence of fragrance is a feature of the device.
- If anything unusual occurs while using the device that is not described in the instructions, contact your doctor. Any serious issue during or after use should also be reported to care-lyme@fredhutch.org.
- If the device falls or touches something that could contaminate it before collection, do not use it. If it falls after collection, you can still return the sample—just note in your survey that it fell. When in doubt, contact care-lyme@fredhutch.org if a replacement is needed.

Self-Lollisponge

Video Instructions

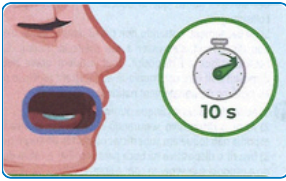


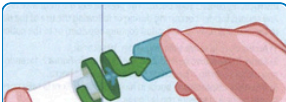
DO NOT

- Use if the device or sterile barrier (pouch) is open or visibly damaged
- Re-sterilize the device or use device more than once
- Insert saliva directly into the test tube
- Bite the sponge
- Place the device in the freezer after collection

Preparation

1. Collect your sample at least 30 minutes after eating, drinking, smoking or brushing your teeth. Preferably collect saliva when you wake up in the morning.
2. Wash your hands with warm water and soap for at least 20 seconds, and clean a flat surface before collecting your sample.
3. In the pouch with **BLUE** label, grab and open the Self-Lollisponge (teal;1E063N01).
4. Label the tube using a **BLUE** sticker.

5.  Accumulate saliva on your tongue for 10 seconds.

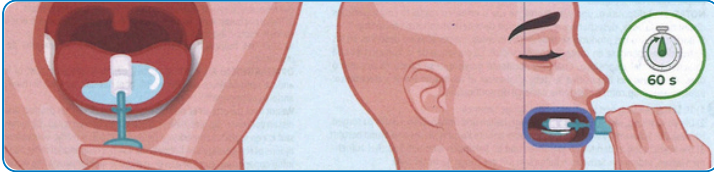
6.  Twist off the lid of the device. Be careful not to let the sponge touch anything except your mouth.



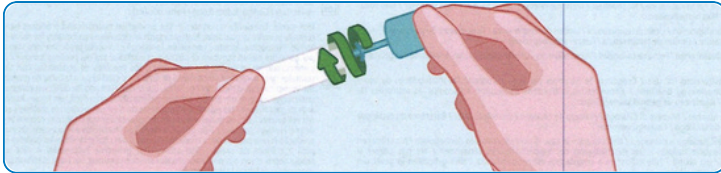
Self-Lollisponge

Collection

1. Insert the device into your mouth and gently press the sponge with your tongue to collect saliva for 60 seconds.



2. Carefully remove the sponge and place it back into the tube. Twist the cap on securely.



3. When the sample is collected, fill out the sample collection questions and store the tube in the fridge.
4. Return the sample following the shipping instructions provided on pages 18 and 19.

Buccal Swab






Important Safety Information

- A slight yellowing of the tip is common and does not indicate product deterioration.
- If anything unusual occurs while using the device that is not described in the instructions, contact your doctor. Any serious issue during or after use should also be reported to care-lyme@fredhutch.org.
- If the device falls or touches something that could contaminate it before collection, do not use it. If it falls after collection, you can still return the sample—just note in your survey that it fell. When in doubt, contact care-lyme@fredhutch.org if a replacement is needed.

DO NOT

- Use if the device or sterile barrier (pouch) is open or visibly damaged
- Re-sterilize the device or use device more than once
- Use excessive force, or pressure when collecting samples as it might cause accidental breaks at the shaft
- Place the device in the freezer after collection


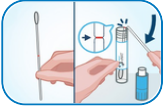
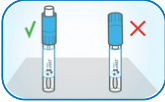
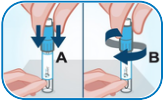
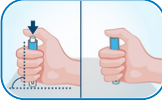
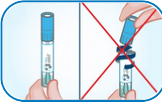
Preparation

1. Collect your sample at least 30 minutes after eating, drinking, smoking or brushing your teeth. Preferably collect saliva when you wake up in the morning.
2.  Wash your hands with warm water and soap for at least 20 seconds, and clean a flat surface before collecting your sample.
3. In the pouch with a **BLUE** label, grab the swab (blue; 5U174DS01) paired with a SMART e-NAT tube. Place items on your clean surface.
4.  Open the SMART e-NAT packaging and take out the tube.
5. Label the tube using a **BLUE** sticker.
6.  Unscrew the SMART e-NAT tube.
7.  Partially open the swab package.
8.  With your dominant hand, hold the swab at the **RED** line and remove it. Be careful not to touch the tip of the swab.



Buccal Swab

Collection

-  Place the swab inside your cheek (the inner side of your lower cheek).
- Rub the swab gently but firmly against the inside of your cheek for 20-30 seconds. Move the swab around to collect cells.
- Take out the swab of your mouth.
-  Hold the Smart-eNAT tube in one hand and place the swab into the tube. The SCORED line should be at the top of the tube. Bend the tick approximately at 180 degrees and break at point.
-  Carefully, place the cap back on the tube with the white end upwards as shown. Ensure the snapped end of the swab is in the hole in the lid.
-  With the tube vertical, apply pressure down cap (arrow A) and screw the cap until it clicks (arrow B). Do not press the white plunger/button until you hear or feel the cap click into place.
-  After the cap clicks into place, press the plunger until it is fully inserted into the cap.
-  Do not reopen after closing.
- When sample is collected and in the tube, fill out the sample collection questions and store the tube in the fridge.
- Return the sample following the shipping instructions provided on pages 18 and 19.



OraSure

Important Safety Information

- This device contains gelatin.
- Vials are fragile: handle with care, keep out of direct sunlight, do not expose it to temperatures higher than 98 F (37C).
- Ensure you have a timer or a clock.
- If anything unusual occurs while using the device that is not described in the instructions, contact your doctor. Any serious issue during or after use should also be reported to care-lyme@fredhutch.org.
- If the device falls or touches something that could contaminate it before collection, do not use it. If it falls after collection, you can still return the sample—just note in your survey that it fell. When in doubt, contact care-lyme@fredhutch.org if a replacement is needed.

DO NOT

- **Use if have any allergies or dietary restrictions that prevent you from consuming gelatin**
- Use the collection pad if the package has been opened or if vial is visibly damaged
- Touch the collection pad with fingers before or after specimen collection
- Use if the collection pad is wet
- Re-sterilize the device or use device more than once
- Place the device in the freezer after collection

Preparation

1. Collect your sample at least 30 minutes after eating, drinking, smoking or brushing your teeth. Preferably collect saliva when you wake up in the morning.
2. Wash your hands with warm water and soap for at least 20 seconds, and clean a flat surface before collecting your sample.
3. In the pouch with a **BLUE** label, grab and open the OraSure package containing the collection pad and the specimen vial. Place items on your clean surface.
4. Label the specimen vial using a **BLUE** sticker.
5. To open the collection pad package, face the package pad side “down” and the “stick” end is up.
6. Using thumb and index finger, peel apart the sides of the packaging. Pull them down far enough to easily remove the collection pad without touching the inside.
7. Hold the device by the stick and pull the collection pad out of the packaging sleeve without touching the pad.



Orasure

Collection

-  Place the pad between your lower cheek and gum on one side of your mouth and gently rub back and forth along the gum line until the pad is moist. Keep it on the same side.
- Begin timing for 2 minutes.
- Leave the pad in place against the lower gum for at least 2 minutes, but no longer than 5 minutes.
- Grab the vial and make sure it is upright, with the cap facing up and pointed tip down. Open the vial by gently rocking the cap back and forth to avoid spilling the liquid inside.
- After 2 minutes, remove the pad from the mouth and insert the pad into the blue liquid in the vial, pushing it all the way to the bottom.
-  Break the plastic shaft by snapping it against the side of the vial. (The stick is designed to break easily in the scored area.) Make sure to snap away from yourself or anyone nearby.
- Twist the cap on firmly until it feels tightly closed to prevent leaks.
- When the sample is collected, fill out the sample collection questions and store the vial in the fridge.
- Return the sample following the shipping instructions provided on pages 18 and 19.

Skin Swabs

You will collect **3** skin swabs sampling:

1. Elbow inside (**PURPLE**)
2. Where you were bitten by the tick (**ORANGE**)
3. On the opposite side of your body from where you were bitten (**RED**).
For instance, if you were bitten on your left thigh, this would be on your right thigh.

Important Safety Information

- If anything unusual occurs while using the device that is not described in the instructions, contact your doctor. Any serious issue during or after use should also be reported to care-lyme@fredhutch.org.
- If the device falls or touches something that could contaminate it before collection, do not use it. If it falls after collection, you can still return the sample—just note in your survey that it fell. When in doubt, contact care-lyme@fredhutch.org if a replacement is needed.

DO NOT

- Start all skin samples at once
- Use if the device or sterile barrier (pouch) is open or visibly damaged
- Re-sterilize the device or use device more than once
- Use excessive force, or pressure when collecting samples as it might cause accidental breaks at the shaft
- Place the device in the freezer after collection
- Consume the liquid used to moisten the swabs.

Preparation

1. Make sure your skin is clean and dry before you start. It should be free of lotion, oil or anything else on the surface.
2. Wash your hands with warm water and soap for at least 20 seconds, and clean a flat surface before collecting your sample.
3. In the pouch with a **WHITE** label, grab 1 swab (no color) paired with a SMART e-NAT tube and the 2ml tube labeled “For skin swabs - DO NOT CONSUME” (containing pre-moisture liquid to wet the swabs). Place items on your clean surface.

4.  Open the packaging SMART e-NAT and take out the tube.



5. Depending on the area you are sampling, label the tube using one of the following stickers:
 - a. Elbow inside = **PURPLE** sticker
 - b. Tick bite site = **ORANGE** sticker
 - c. Opposite side from tick bite = **RED** sticker

6.  Unscrew the SMART e-NAT tube.

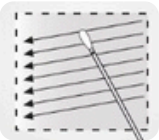
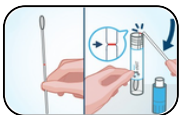
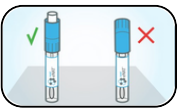
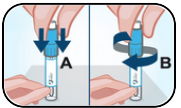
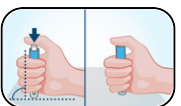
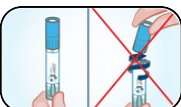


Skin Swabs

Preparation continued

7. Unscrew the 2ml tube labeled 'For Skin Swabs - DO NOT CONSUME'.
8. Partially open the swab package.
9. With your dominant hand, hold the swab at the **RED** line and remove it. Be careful not to touch the tip of the swab.
10. Dip the swab into the 2ml tube labeled 'For Skin Swabs - DO NOT CONSUME' to wet the tip before touching your skin. Do not consume.

Collection

1. Now hold the swab so the stick is flat and level with the skin, not pointing down.
2.  On the body part matching the color on tube, rub firmly about 20 times side to side. Then rotate the swab to the other side and rub firmly up and down. Rub longer if possible.
3.  Hold the Smart-eNAT tube in one hand and place the swab into the tube. The SCORED line should be at the top of the tube. Bend the tick approximately at 180 degrees and break at point.
4.  Carefully, place the cap back on the tube with the white end upwards as shown. Ensure the snapped end of the swab is in the hole in the lid.
5.  With the tube vertical, apply pressure down cap (arrow A) and screw the cap until it clicks (arrow B). Do not press the white plunger/button until you hear or feel the cap click into place.
6.  After the cap clicks into place, press the plunger until it is fully inserted into the cap.
7.  Do not reopen after closing.
8. Repeat starting from step 1 for each skin sample area.
9. When all three sample are collected and in the tube, fill out the sample collection questions and store the tubes in the fridge. Re-cap the 2ml tube labeled 'For Skin Swabs - DO NOT CONSUME' and place in the trash.
10. Return the sample following the shipping instructions provided on pages 18 and 19.

Rectal Swab






Important Safety Information

- A slight yellowing of the tip is common and does not indicate product deterioration.
- If anything unusual occurs while using the device that is not described in the instructions, contact your doctor. Any serious issue during or after use should also be reported to care-lyme@fredhutch.org.
- If the device falls or touches something that could contaminate it before collection, do not use it. If it falls after collection, you can still return the sample—just note in your survey that it fell. When in doubt, contact care-lyme@fredhutch.org if a replacement is needed.

DO NOT

- Use if you have recently undergone surgery in the collection area or in case of unusual rectal bleeding or pain
- Use if the device or sterile barrier (pouch) is open or visibly damaged
- Re-sterilize the device or use device more than once
- Use excessive force, or pressure when collecting samples as it might cause accidental breaks at the shaft
- Place the device in the freezer after collection

Preparation


1. Find a comfortable place to collect the sample. You can do this by standing, sitting on the toilet, or lying on your side.
2.  Wash your hands with warm water and soap for at least 20 seconds, and clean a flat surface before collecting your sample.
3. In the pouch with a **GREEN** label, grab the swab (green; 5U173S01) paired with a SMART e-NAT tube. Place items on your clean surface.
4.  Open the SMART e-NAT packaging and take out the tube.
5. Label the tube using a **GREEN** sticker.
6.  Unscrew the SMART e-NAT tube. Place them on a clean surface.
7.  Partially open the swab package.
8.  With your dominant hand, hold the swab at the **RED** line and remove it. Be careful not to touch the tip of the swab.




Rectal Swab

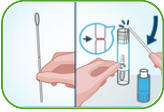
Collection


1. Gently insert the swab into the rectum 1in (2-3cm).

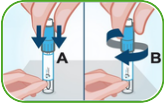
a.  Use gentle pressure, and do not insert the swab too deeply; it does not have to go very far!


b.  Rotate the swab gently for 10-30 seconds touching the rectum wall.

2. Carefully remove the swab.

3.  Hold the Smart-eNAT tube in one hand and place the swab into the tube. The SCORED line should be at the top of the tube. Bend the tick approximately at 180 degrees and break at point.

4.  Carefully, place the cap back on the tube with the white end upwards as shown. Ensure the snapped end of the swab is in the hole in the lid.

5.  With the tube vertical, apply pressure down cap (arrow A) and screw the cap until it clicks (arrow B). Do not press the white plunger/button until you hear or feel the cap click into place.

6.  After the cap clicks into place, press the plunger until it is fully inserted into the cap.

7.  Do not reopen after closing.

8. When the sample is collected, fill out the sample collection questions and store the vial in the fridge.

9. Return the sample following the shipping instructions provided on pages 18 and 19.

Vaginal Swabs

You will collect **2** vaginal swabs:

1. One swab in a tube
2. One swab in packaging with Smart e-NAT tube

**Vaginal Swab
Video Instructions**



Important Safety Information

- A slight yellowing of the tip is common and does not indicate product deterioration.
- If anything unusual occurs while using the device that is not described in the instructions, contact your doctor. Any serious issue during or after use should also be reported to care-lyme@fredhutch.org.
- If the device falls or touches something that could contaminate it before collection, do not use it. If it falls after collection, you can still return the sample—just note in your survey that it fell. When in doubt, contact care-lyme@fredhutch.org if a replacement is needed.


DO NOT

- **Use during pregnancy or three months after giving birth**
- Do both swabs at once
- Use if the device or sterile barrier (pouch) is open or visibly damaged
- Re-sterilize the device or use device more than once
- Use excessive force, or pressure when collecting samples as it might cause accidental breaks at the shaft
- Place the device in the freezer after collection

Swab in a tube (red cap; 552C.80)


Preparation


1. Find a comfortable place to collect the sample. You can do this by standing or sitting in the bathroom.

2.  Wash your hands with warm water and soap for at least 20 seconds, and clean a flat surface before collecting your sample.

3. In the pouch with a **PINK** label, grab the swab in a tube (red cap; 552C.80).

4. Label the tube using a **PINK** sticker.

5.  With your dominant hand, twist the **RED** cap and pull to remove the swab.

6.  With your dominant hand, hold the swab at the **RED** line. Be careful not to touch the tip of the swab.





Vaginal Swabs

Swab in a tube (red cap; 552C.80)


Collection

1. Gently spread open your labia with your free hand and insert the swab into your vagina.

- a.  Use gentle pressure, and do not insert the swab too deeply; it does not have to go very far!

- b.  Rotate the swab gently for 10-30 seconds touching the vaginal wall.


2. Carefully remove the swab.

3.  Hold the tube in one hand and place the swab into the tube. Twist the **RED** cap on securely.

Swab in packaging (pink; 5U175S01) with Smart e-NAT tube (blue cap; 6E099S)

Preparation

1. Find a comfortable place to collect the sample. You can do this by standing or sitting in the bathroom.

2.  Wash your hands with soap and water, and clean a flat surface before collecting your sample.

3. In the pouch with a **PINK** label, grab the swab (pink; 5U175S01) paired with a SMART e-NAT tube. Place items on your clean surface.

4.  Open the packaging SMART e-NAT and take out the tube.

5. Label the tube using a **PINK** sticker.

6.  Unscrew the SMART e-NAT tube.

7. Partially open the swab package.


8. With your dominant hand, hold the swab at the **RED** line and remove it. Be careful not to touch the tip of the swab.


Vaginal Swabs

Swab in packaging (pink; 5U175S01) with Smart e-NAT tube (blue cap; 6E099S)

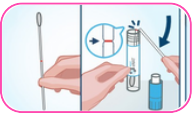
Collection

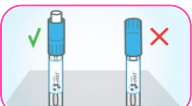
1. Gently spread open your labia with your free hand and insert the swab into your vagina.

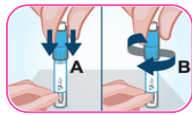
a.  Use gentle pressure, and do not insert the swab too deeply; it does not have to go very far!


b.  Rotate the swab gently for 10-30 seconds touching the vaginal wall.

2. Carefully remove the swab.

3.  Hold the Smart-eNAT tube in one hand and place the swab into the tube. The SCORED line should be at the top of the tube. Bend the tick approximately at 180 degrees and break at point.

4.  Carefully, place the cap back on the tube with the white end upwards as shown. Ensure the snapped end of the swab is in the hole in the lid.

5.  With the tube vertical, apply pressure down cap (arrow A) and screw the cap until it clicks (arrow B). Do not press the white plunger/button until you hear or feel the cap click into place.

6.  Press the plunger until it is fully inserted into the cap.

7.  Do not reopen after closing.

8. When both samples are collected, fill out the sample collection questions and store the tubes in the fridge.

9. Return the samples following the shipping instructions provided on pages 18 and 19.

Additional Resources

Instructional Videos

Vaginal Swabs



Link: https://youtu.be/jmvmLdJKBtQ?si=_DQK7AyPm5LHMZjR

Self-Lollisponge



Link: https://youtu.be/2dzqJ7vKWKQ?si=fZUeBQeyrUbizC_M_

Tasso+



Link: <https://www.tassoinc.com/tassoplus-video>

QR Code to CARE for Lyme Webpage



Link: FredHutch.org/CAREforLyme



Returning Your Samples

**Thank you for collecting your samples for our study!
We appreciate you!**

Preparation

1. Wash your hands thoroughly with soap and water before handling any samples or materials.
2. Ensure you have collected all your required samples
 - a. Verify that each one is tightly sealed to prevent leaks
 - b. Confirm that all labels and stickers are correctly applied
 - c. Verify that all the questions in the Sample Collection and Feedback Survey are completed and submit

Packaging


1. Place samples in the biohazard bag.
2. Put one ice pack in the aluminum envelope all the way to the bottom.
3. Next, place the biohazard bag inside the aluminum envelope.
4. Add the second ice pack into the aluminum envelope.
5. Seal the aluminum envelope closed by removing the tab over the sticky bit.
6. Grab the black shipping box provided and ensure it has the following labels:
 - TO/FROM Label with Pre-paid Return Postage
NOTE: The return address is Fred Hutch's address. We want to maintain as much privacy as possible.
 - Perishable Sticker
 - Exempt Specimen Sticker
7. Place the aluminum envelope into the box.
8. Remove the cover from the double-sided tape inside the flap, close all the flaps on the box, and press to seal it. Add extra packing tape needed.



Returning Your Samples

Shipping

1. Find a FedEx drop-off location

- a.  **Link:** <https://www.fedex.com/en-us/shipping/drop-off-package.html>

- b. Enter your ZIP code to find the nearest FedEx drop-off point.
c. Choose a FedEx Office, Walgreens, or other partner location that's convenient for you.

2. Drop-off your kit

- a. We recommend dropping off earlier in the week (preferably Monday through Wednesday) to reduce the chance of weekend delays.
b. Bring the package to the drop-off location. You do not need to pay or print anything.
c. Simply hand the package to a staff member or place it in the designated FedEx drop box (if allowed).

3. Obtain the tracking number your reference.

4. Once the package arrives at the lab, you will be notified, and compensation will be processed within 5 business days.

