



INSTRUCTIONS

# At-Home PrEP Test Kit™

**PrEPforBetter.com**™  
from renegade.health

# At-Home PrEP Test Kit™

Welcome to renegade.health!

We're glad that you're taking this important step to care for your health.

## WHAT'S INSIDE:



### SWABS

Oral, Rectal, & Vaginal Swabs



### URINE

Cup & Tube



### BLOOD

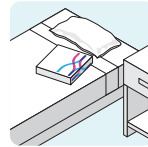
Tasso+™ Blood Collection Device



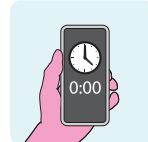
### PACKAGE & RETURN

Biohazard & Shipping Bags

## WHAT YOU NEED:



Comfortable and private place



Timer (phone)



Pen



Small hand mirror

## OVERVIEW

# The DOs & DO NOTs

This kit includes everything you need to complete the renegade.health At-Home PrEP Test Kit™. To help ensure you complete the test correctly, please review these DOs and DO NOTs.

## ✓ THE DOs



**DO:** Register your kit so you can view your test results.

Scan the QR code, or go to [myrenegade.renegade.bio](https://myrenegade.renegade.bio).

1. Log into your account.
2. On the menu, select **Orders**.
3. Follow the onscreen instructions to register your kit.



**DO:** Complete and ship back your sample in one day.

We recommend taking the test in the morning and dropping it off at a FedEx location after you complete your last sample.



**DO:** Drink 1–2 glasses of water 30-minutes before beginning your test.

Being hydrated will help you give better urine and blood samples.



**DO:** Remove each inner sample box from the shipping box. Open sample boxes 1–4 and read all instructions before collecting samples.

This will help you become familiar with each part of the test kit.

## ⊖ THE DO NOTs



**DO NOT** urinate for at least one hour before your urine sample.

This will help ensure a quality urine sample.



**DO NOT** eat, drink, smoke, use mouthwash, or use prescription products by mouth for at least 30 minutes before beginning your test.

Doing so may affect the results of your oral swab sample.



**DO NOT** use lubricants, hygiene products, or prescription products in the rectum or vagina prior to sample collection.

Doing so may affect the results of your rectal or vaginal swab samples.



**DO NOT** pre-wet swabs with tube liquid or use lubricants to assist with collection.

**Handle the tubes carefully.** Collection tube liquid can cause skin and eye irritation. If contact occurs, immediately and thoroughly wash the affected area.

## NEED HELP?

Visit [renegade.health/prepforbetter](https://renegade.health/prepforbetter) for answers to frequently asked questions and support with your test kit.

# 1

## Collection Instructions SWABS

### CONTENTS

- Three (3) swabs
- Two (2) test tubes
- Two (2) biohazard bags
- Two (2) absorbent pads



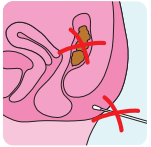
**DO:** Wash your hands before starting.



**DO NOT** pour liquid out of the tubes.



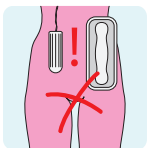
**DO NOT** eat, drink, smoke, use mouthwash, or other products by mouth for at least 30 minutes before beginning your test.



**DO NOT** try to collect the sample when feces are present in the rectum. Wait until after you've finished elimination.

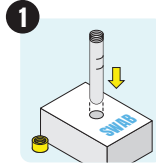


**DO NOT** use lubricants, hygiene products, or prescription products in the rectum or vagina prior to sample collection.

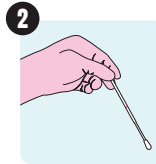


**DO NOT** collect vaginal specimens while menstruating.

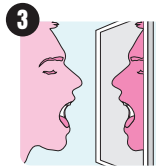
### ORAL



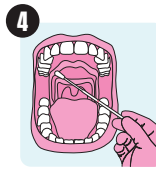
Open the **ORAL** package. Remove the tube cap. Place the tube in the hole on the top of the **SWAB** box so it stands upright.



Hold the swab between your thumb and forefinger.

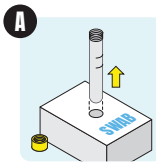


Open your mouth in front of a mirror and look at the back of your throat.

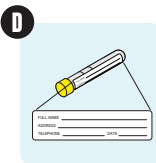


Gently rub the swab on the back of your throat using a circular motion for 3-5 seconds.

After finishing each section above, use t



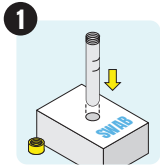
Carefully remove the tube from the box.



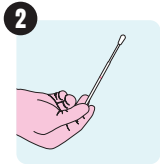
Write your information, date and time of collection on the **ORAL** and **RECTAL/VAGINAL** label. Place the label over the blue tube label.

**WARNING:** Do not pre-wet swabs with tube liquid or use lubricants to assist with collection. Handle the tubes carefully. Collection tube liquid can cause irritation if contact occurs with skin or other body parts. If contact occurs, immediately wash the affected area with plenty of soap and water for several minutes. If tube liquid gets in your eyes, immediately flush eyes with water for several minutes. If irritation occurs, seek medical attention.

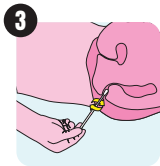
## RECTAL



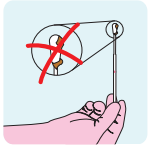
1 Open the **RECTAL** package. Remove the tube cap. Place the tube in the hole on the top of the **SWAB** box so it stands upright.



2 Hold the swab between your thumb and forefinger.

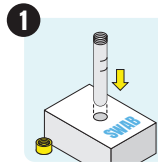


3 Gently insert the swab 1–2 inches (3–5 cm) into your rectum. Turn the swab for 5–10 seconds.

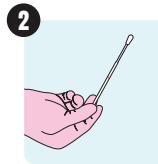


**SAMPLE CONTAMINATION**  
If swab is contaminated with feces, discard. If not using the vaginal swab, use it to collect a new rectal sample.

## VAGINAL



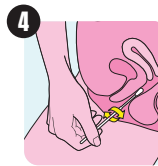
1 Open the **VAGINAL** swab. Remove the tube cap from the **RECTAL** tube. Place the tube in the hole on the top of the **SWAB** box so it stands upright.



2 With one hand, hold the swab between your thumb and forefinger.



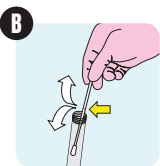
3 With the other hand, separate the folds of skin (labia) around the vaginal opening.



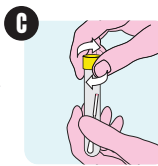
4 Insert the swab into the opening about 2 inches (5 cm). Turn the swab for 30 seconds against the vaginal wall.

## AND

the following to complete the sample before moving to the next sample:



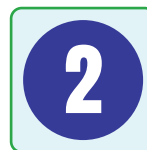
B Place the soft tip of the swab in the tube and break off the end of the swab.



C Close the tube tightly to prevent leaks.



E Place the tube inside the biohazard bag with the absorbent pad.



If you've completed your **SWAB** samples, you are ready to start the next step. See **URINE**.

# 2

## Collection Instructions **URINE**

### CONTENTS

- Urine collection cup
- Disposable dropper
- Test tube
- Biohazard bag
- Absorbent pad



**DO:** Wash your hands before starting.



**DO NOT** pour liquid out of the tubes.



**WAIT**  
Do not urinate for at least one hour prior to sample collection.

**WARNING:** Handle the tube carefully. Collection tube liquid can cause irritation if contact occurs with skin or other body parts. If contact occurs, immediately wash the affected area with plenty of soap and water for several minutes. If tube liquid gets in your eyes, immediately flush eyes with water for several minutes. If irritation occurs, seek medical attention.



If you've completed your **URINE** sample, you are ready to start the next step. See **BLOOD**.

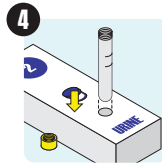
### INSTRUCTIONS



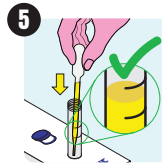
1 Open the cup package. To expand the cup, hold the bottom of the cup and pull.



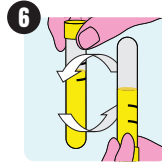
3 Urinate into the cup an amount that's between the 10mL–50mL line marks on the cup. Place the cup on a hard, flat surface.



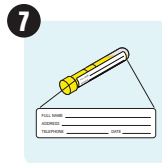
4 Open the **URINE** package. Remove the tube cap and place the tube in the hole on the top of the **URINE** box so it stands upright.



5 Using the pipette, transfer the urine from the cup into the urine tube until the fluid level is between the two black lines.



6 Remove the tube carefully from the box. Tightly recap the tube to prevent leaks. Invert the tube 5 times to mix.



7 Write your personal information, date and time of collection on the **URINE** label, and place the label over the blue tube label.



8 Place the tube inside the biohazard bag with the absorbent pad.

# 3

## Collection Instructions **BLOOD**

### CONTENTS

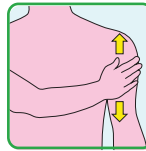
- Tasso  
*blood collection device*
- Heat pack
- Test tube
- Razor, *optional*
- Alcohol swab
- Bandage
- Biohazard bag
- Absorbent pad

### MATERIALS (Not Provided)

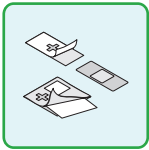
- Timer
- Pen
- Mirror



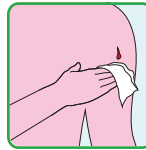
**DO:** Wash your hands before starting.



**DO:** If the heat pack doesn't activate, warm up the area by rubbing or do jumping jacks to get the blood flowing.



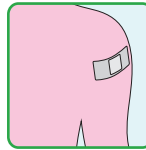
**DO:** Tear open the alcohol swab and remove the bandage from the wrapper before collecting the sample so they're ready to use.



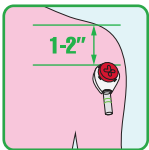
**DO:** Have a tissue handy to wipe any blood from your arm.



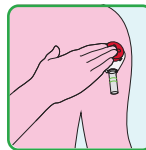
**DO:** Stand or sit in front of a mirror to help with placing the Tasso+™ device and seeing the fill line to know when to end collection.



**DO:** Apply the bandage if needed.



**DO:** Place the Tasso device 1–2 inches below the top of the shoulder.



**DO:** Press the red button for **2 seconds** and then release.

### WARNINGS:

Not intended for more than one use. Do not use on more than one patient.

Improper use of blood lancets can increase the risk of inadvertent transmission of bloodborne pathogens, particularly in settings where multiple patients are tested.

# 3

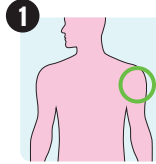
## Collection Instructions

# BLOOD



### WAIT

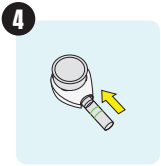
Drink 1–2 glasses of water 30-minutes before taking your blood sample.



1

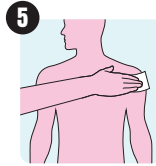
### IDENTIFY COLLECTION SITE

for best results remove any hair using the provided razor.



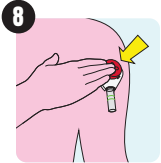
4

With fill lines facing out, press tube into device until snug.



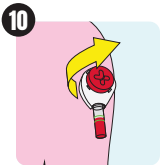
5

Clean area with alcohol pad and allow to dry.



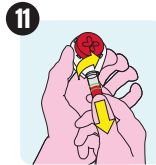
8

Press button all the way down for **2 seconds** and release. Only press the button ONCE. Set timer for 5 minutes. Watch tube fill using mirror as needed. You may not feel the device. Leave on 5 minutes or less if full.



10

Remove device by peeling from one side. If needed, stop bleeding with bandage.



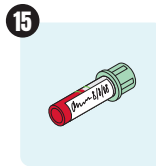
11

Remove tube with a slight twist and pull down.



14

Dispose of all used materials according to local guidelines or procedures.



15

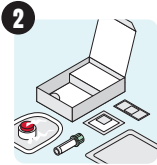
After collection, write your personal information and the date and time of collection on the **BLOOD** label, and place the label on the tube as shown.



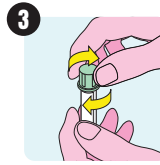
## SEE THE STEP-BY-STEP VIDEO FROM TASSO+™

Scan the QR code for step by step video instructions for the Tasso+ blood collection device.

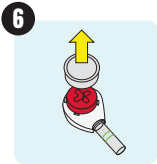




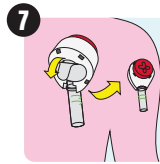
2 Collect all needed items.  
Remove device from tray.



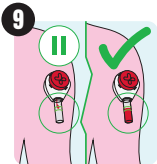
3 Twist off cap from tube.



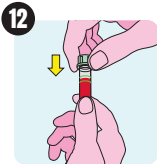
6 Remove clear plastic cover over red button.



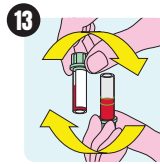
7 Peel tab away from device and stick device to shoulder. Hang arm straight down at side.



9 Blood may not appear for first 1-2 minutes. Remove device at 5 total minutes or sooner if blood reaches top line before 5 minutes.



12 Snap cap fully onto tube.



13 Mix blood per manufacture labeling.



16 Place the tube inside the biohazard bag with the absorbent pad.



4 If you've completed your **SWAB**, **URINE**, and **BLOOD** samples, you are ready to start the last step. See **PACKAGE + RETURN**.



## TROUBLE COLLECTING YOUR BLOOD SAMPLE?

If you are unable to collect your blood sample using the Tasso+™ device, please use the blood spot card located in the **EXTRA** box of this kit.



## PRECAUTIONS

- For use only on a single patient. Discard the entire device after use.
- Do not use after expiration date.
- Single use only.
- Keep out of reach of children.
- Minor bruising or residual marks may occur at the sample collection site.
- Do not resterilize.
- For external use only.
- Use while seated as fainting may occur with any blood sampling procedure.
- Not for use on infant heels.
- Prescription use only.
- Refer to manufacturer's instructions for individual components.
- Do not use if device packaging has been opened or damaged.
- Users must validate use of product for their specific diagnostic assay.
- Use personal protective equipment when handling biohazardous materials.

## DISPOSAL

Dispose of used device according to your local or state guidelines for disposal of used sharps as a biohazard material.

## INTENDED USE

The Tasso+™ is a single-use blood lancing device intended for obtaining microliter capillary whole blood samples.

## DEVICE DESCRIPTION

Tasso+™ is a sterile, disposable blood lancing device. When collecting a sample, the device is held onto the skin by a mild adhesive. A sterile lancet punctures the skin with a press of the button, simultaneously this creates a slight vacuum that helps capillary blood flow under gravity into a compatible tube. After a predefined time period, or when the tube is full, the device is peeled off the skin. The tube is removed and capped for transport. The lancet is single use and automatically retracts into the device in a safe position after use.

## SYMBOLS

 Catalog number

 Lot number

 Do not use if package is damaged

 Use by date

 Consult instructions for use

 This device contains sharps

 Single use only

 Do not resterilize

 Store at 18-28°C

 Transport at 25-85% RH

 Prescription use only

 Sterilized by irradiation

# 4

## Shipping Instructions

# PACKAGE & RETURN

### REGISTER THE KIT



Scan the QR code OR go to [myrenegade.renegade.bio](https://myrenegade.renegade.bio)



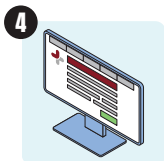
1 Log in to your account.



2 On the navigation bar, select **Orders**.

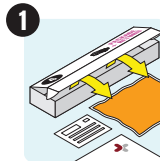


3 Select your order.

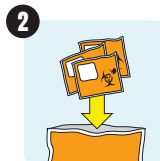


4 Follow on-screen instructions to complete your kit registration.

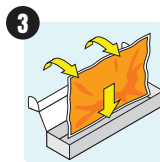
### RETURN THE KIT



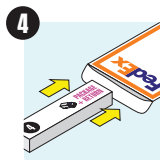
1 Remove all contents from the **PACKAGE + RETURN** box.  
**Do not throw out this box!**



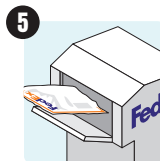
2 Place each individually bagged sample in the large biohazard bag.



3 Place the large biohazard bag into the **PACKAGE + RETURN** box.



4 Place the **PACKAGE + RETURN** box into the prepaid FedEx bag and seal the bag.



5 Drop the bag off at a FedEx location.

### WHAT'S NEXT?

1. Once your kit is received, the renegade.bio lab will process your samples.
2. A board-certified physician will review your results.
3. You'll receive a notification when your results are available.
4. Log into your account and review your results.

## NEED HELP?

Visit [renegade.health/prepforbetter](https://renegade.health/prepforbetter) for answers to frequently asked questions and support with your test kit.