



Eastside Pathology, Inc., P.S. Specimen Collection Manual

For More Information Please Call us at 425.646.0922

HERPES SIMPLEX VIRUS (HSV) 1 / 2 TESTING M4RT VIRAL SWAB SPECIMEN

Collection and Submission

Eastside Pathology offers Herpes Simplex Virus Type 1 and Type 2 PCR testing on samples collected using Preservocyte collection fluid and M4RT viral transport media. Testing can be performed in addition to the pap, HPV, and/or CT/NG test, or can be ordered alone.

Although there are approximately 50 million people infected with Herpes Simplex Virus (HSV) in the U.S., the majority of HSV transmission occurs in people unaware of their infection or who are asymptomatic when transmission occurs. The advent of sensitive PCR techniques has indicated that the magnitude and frequency of viral shedding is higher than shown previously with viral culture techniques. Women with frequent symptomatic recurrences also have frequent subclinical shedding and may be at high risk for transmitting HSV. Outbreaks and shedding tend to decrease over time the longer the patients have been infected. Suppressive (daily) antiviral therapy reduces clinical and subclinical reactivation rates, and has been successfully used in the prevention of recurrent oral and genital HSV infections.

M4RT samples are collected using the polyester-tipped swab included in the collection kit which is then inserted into a tube with viral transport media. Specimens are submitted to the lab with a request for HSV 1/2 testing. Specimens must be labeled with patient name and/or requisition number in order to be processed. Unlabeled or mislabeled samples will be held and patient ID confirmed prior to processing.

HSV 1/2 testing must be requested on the requisition. The M4RT samples will be used exclusively for the HSV 1/2 test.

Samples are good for 3 weeks from date of collection at 4-25°C. M4RT collection kits are individually dated with an expiration date and should not be used after this date.

LIMITATIONS OF THE METHOD

- The HSV 1/2 is a qualitative test. Interpretation of these results should be made with consideration of all clinical and laboratory findings.
- A negative result does not exclude the possibility of HSV infection, but may reflect sample inadequacy due to collection, stage of infection, or viral levels below the sensitivity of this assay.
- The frequency, pattern, and anatomical sites of subclinical shedding of Herpes Simplex virus (HSV) in the genital tract, along with factors that predict such shedding, have not been well characterized.

PATIENT PREPARATION

- For best results, smears should be taken at mid-cycle (between day 12- 18), although this is not essential. Smears should never be taken during active menstruation. **Excess blood may cause false positive results.**
- Patients should be instructed to refrain from intercourse, douching, and the use of intravaginal medications for 48 hours prior to examination.

COLLECTING THE M4RT VIRAL SWAB

1. Avoid lubricant when preparing patient for collection.
2. Vigorously swab clinically suspicious area with sterile polyester-tipped swab included in the M4RT collection kit.
3. **Immediately** insert the swab into the tube of viral transport media, break off the scored shaft.
4. Cap the tube and label with patient name and requisition number.
5. Complete the requisition, including the following patient information:
 - a. Test ordered
 - b. Patient name, date of birth, age, address and insurance information
 - c. Physicians name
 - d. Date of examination
 - e. Patients social security number
 - f. Last menstrual period or other pertinent menstrual information
 - g. Any other pertinent Gyn information or observations
 - h. Number of vials sent
 - i. History of abnormal Gyn cytology or histology
6. Place tube inside a biohazard bag and the requisition into the side pouch
7. Specimen can be stored and transported to the lab at room temperature within 48 hours of collection. Refrigerate specimen if held longer than 48 hours before transportation to the lab.