



INSTI™ HIV-1 Antibody Test

Subject Information Brochure

What You Should Know About HIV and the INSTI™ HIV-1 Antibody Test Before Being Tested.

It is very important for you to read this brochure before you are tested for HIV. It will provide you with the following information:

What should I know before I am tested for HIV?

What are HIV and AIDS?

How does someone get infected with HIV?

How can I avoid HIV infection?

Why should I get an HIV test?

What are my options for HIV testing?

What is the INSTI™ HIV-1 Antibody Test and how it is done?

What should I know about my test results?

Where can I get more information about HIV and AIDS?

If you have any further questions, or do not understand something, make sure that you ask your healthcare provider to explain it to you.

What should I know before I am tested for HIV?

Your healthcare provider is the best person to answer your questions about HIV, the INSTI™ HIV-1 Antibody Test, and other testing options. You have a choice of the type of test to be used. Depending on what type of HIV test you choose, an appropriate sample will be taken and checked for HIV antibodies. If HIV antibodies are found in your body, it usually means you have been infected with HIV, which is the virus that causes AIDS. HIV antibodies can also be developed if you have participated in an HIV vaccine trial.

What are HIV and AIDS?

HIV stands for Human Immunodeficiency Virus. HIV is the virus that causes AIDS (Acquired Immunodeficiency Syndrome). It can take years for an HIV-infected person to develop AIDS. When a person becomes infected with HIV, the virus begins to attack his or her immune system, which is the body's defense against illness. As a result, that person becomes more susceptible to disease and infection. When his or her body loses the ability to fight diseases, that person is diagnosed with AIDS. There is no cure for HIV infection. Antiretroviral drugs can slow down the disease progression.

How does someone get infected with HIV?

HIV spreads through contact with blood, semen, vaginal fluids, or the breast milk of an infected person. Transmission can occur from unsafe sex. It can also result from exposure to blood through the sharing of used syringes or needles. Infected women can pass the virus to their babies during pregnancy, childbirth, and breastfeeding. It is also possible to become infected with HIV through a blood transfusion, although this is now very rare.

HIV cannot be passed on from one person to another through casual contact. There is no risk of infection when we share everyday items such as food, dishes, utensils, clothes, beds and toilets with an HIV positive individual. The virus is not spread from contact with sweat, tears, saliva, or a casual kiss from an infected person (deep, or "French" kissing is not advised). People do not become infected from eating food prepared by an HIV-infected person. People have not become infected with HIV through insect bites.

How can I avoid HIV infection?

The best way to avoid getting HIV is to avoid activities that would allow the virus to be passed to you. You can reduce the risk of becoming infected with HIV by the following:

- The only way to avoid sexual exposure to HIV is to have sex with an uninfected partner or to abstain.
- If you are not certain that your sex partner is uninfected, you should use a latex condom correctly every time you have sex.
- Do not share needles or syringes.
- Infected mothers should avoid breastfeeding. Babies should be fed only formula or milk from a milk bank.

Why should I get an HIV test?

You may have been infected with HIV and not know it. It can take many years before someone infected with HIV develops AIDS. There are no visible signs to tell you if you have been infected with HIV. The only way to be confident that you are not infected with HIV is to get an HIV test. If you learn that you are infected with HIV, you can take steps to avoid activities that will

pass it on to others. It is important to find out if you are infected with HIV so that you can receive adequate medical care. Although there is presently no cure for AIDS, there are treatments and medications for HIV infection that can help you live a longer and healthier life.

What are my options for HIV testing?

The INSTI™ HIV-1 Antibody Test can give you a rapid HIV test result in as little as 60 seconds. A rapid test is ideal for those situations where a result is needed quickly, such as in an emergency room. There are other HIV tests available, if the test results are not needed right away. You have a choice of having another type of test that would require you to wait up to 1-2 weeks for your results. These tests may use a sample of your blood, fluid from your mouth, or a urine sample.

What is the INSTI™ HIV-1 Antibody Test and how it is done?

The INSTI™ HIV-1 Antibody Test is a rapid, accurate and simple test that provides a test result in as little as 60 seconds. It can detect antibodies to HIV in your fingerstick blood, venous blood and plasma. If you choose to have the INSTI™ HIV-1 Antibody Test, your health care provider will collect a droplet of blood from your finger or draw blood from your vein, run the test, and give you the results during the same visit. The INSTI™ HIV-1 Antibody Test is very accurate. However, additional testing is necessary to confirm a preliminary positive result.

For more detail, you can ask your healthcare provider to give you complete information about the INSTI™ HIV-1 Antibody Test.

What should I know about my test results?

A **Non Reactive** result means that this test did not detect HIV antibodies in your blood. However, in some cases HIV infection cannot be ruled out completely. If, in the last 3 months, you have had any of the contacts described in the *“How does someone get infected with HIV?”* section above, there is a possibility that you may still be infected with HIV. HIV antibodies may not appear until a few months after infection with the virus. A very recent infection may not produce enough antibodies to be detected by this test. Ask your healthcare provider if you should consider getting tested again in the next 3 to 6 months to be sure that you are not infected. However, if you have not had any of the contacts that could transmit HIV in the 3 months before your HIV test, a Non Reactive test result means you were not infected with HIV at the time of testing. Ask your healthcare provider to help you understand what your results mean for you.

A **Reactive** test result suggests that your blood is **preliminary positive** for HIV antibodies. This result, however, must be confirmed by another test. If you have participated in a HIV vaccine study, you should inform the person giving you the INSTI™ HIV-1 Antibody Test. If you are confirmed to be infected, new treatments can help you maintain your health. Some people

who test positive for HIV infection stay healthy for many years. Even if you become ill, there are medications that can help to slow down the virus and maintain your immune system. See your doctor, so that he or she can watch your health closely. Always use care not to pass HIV on to others.

Where can I get more information about HIV and AIDS?

If you have any questions or want additional information, ask your healthcare provider or contact your local health department.

You can also call the National AIDS Hotline at 1-800-342-AIDS (1-800-342-2437) to talk with an HIV specialist. They can give you quick, private answers at any time, day or night. An AIDS service organization near you can also provide information, education, and the help you may need.

The INSTI™ HIV-1 Antibody Test is manufactured by:



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