

## Guide to Negative Test Result Interpretation

- Negative Throat Culture
- Negative Urine Culture
- Normal Routine Panel
- Negative STI Panel without HIV, without HSV
- Negative HIV Test
- Negative Herpes Simplex Virus (HSV) screen
- Negative Dysuria Panel
- Negative Lyme
- Negative Tick Panel
- Negative H. pylori

**If your testing does not fall into the above categories, please call CityMD Aftercare to discuss your results and recommendations at 516-342-7075.**

**Please note that lab results (normal or abnormal) are best interpreted with your specific situation in mind.**

### *1. Negative Throat Culture*

Results of your throat culture were normal (negative), showing no bacterial pathogen growth. Because the culture was negative, it is most likely that your sore throat is from a viral infection that will resolve on its own.\*

If your symptoms continue despite a negative throat culture test result, please consider follow-up evaluation if you continue to have symptoms. If you have already started on antibiotics, please finish them as directed.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

## *2. Negative Urine Culture*

Results of your your urine culture were normal (negative), meaning no typical bacterial pathogen growth was found. Since the culture was negative, it is unlikely your symptoms are due to a urinary tract infection (simple bacterial cystitis). Other causes of painful or difficult urination (dysuria) include urethritis, interstitial cystitis, atypical and pathogen related cystitis.

If your symptoms continue despite a negative urine culture test result, please seek follow-up evaluation. If you have already started antibiotics, please contact CityMD so that we can decide if continuing to take antibiotics is helpful for your specific situation.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

## *3. Normal Routine Panel*

Results of your routine screening panel were normal. This panel consists of checking your electrolytes, kidney function, liver function, thyroid function, lipid panel and cells counts (e.g. basic anemia screen and white blood cells, an inflammatory marker).

We recommend that you maintain a healthy diet and regularly follow up with your primary care physician for weight and blood pressure monitoring. Do not forget that based on age, there may be different additional screening recommendations.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

## *4. Negative STI Panel without HIV, without HSV*

Your sexually transmitted infection (STI) screening panel test results were normal (negative). This STI panel included screenings for syphilis, hepatitis B, hepatitis C, chlamydia, gonorrhea, and trichomonas\*.

Please understand that these screening tests do not offer perfect accuracy. Tests may need to be repeated to confirm a true negative status. Depending on how recent the exposure was for some infections, the screening test may also show a false negative. If you are concerned about a recent potential exposure, please contact us so we may offer further recommendations. Please continue to practice safe sex and avoid high-risk exposure.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

\*This panel does not include HIV or herpes screenings.

### *5. Negative HIV Test*

Your HIV screening test results were normal (negative). This usually implies that you do not have HIV.

Please understand that HIV screening tests do not offer perfect accuracy. Tests may need to be repeated to confirm a true negative status. Depending on how recent the exposure was for infection, the screening test may also show a false negative. If you are concerned about a recent potential exposure, please contact us so we may offer further recommendations. Please continue to practice safe sex and avoid high-risk exposure.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

### *6. Negative Herpes Simplex Virus (HSV) screen*

Your herpes screening test results were normal (negative). This herpes screening panel tested for both HSV 1 and HSV 2. HSV 2 is often associated with genital herpes, a sexually transmitted infection, while HSV 1 is generally associated with cold sores (but can be a cause of genital herpes).

Please understand that HSV screening tests do not offer perfect accuracy. Tests may need to be repeated to confirm a true negative status. Depending on how recent the exposure was for infection, the screening test may also show a false negative. If you are concerned about a recent potential exposure, please contact us so we may offer further recommendations. Please continue to practice safe sex and avoid high-risk exposure.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

### *7. Negative Dysuria Panel*

Your dysuria panel test results were normal (negative). This panel tested for chlamydia, gonorrhea, trichomonas, and urinary tract infection.

Please understand that these screening tests do not offer perfect accuracy; tests may need to be repeated to ensure true negative status. Depending on how recent the exposure was for some infections, the screening test may also show a false negative. If you are concerned about a recent potential exposure, please contact us so we may offer further recommendations. We recommend that you continue to practice safe sex and avoid high-risk exposure.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

## 8. *Negative Lyme*

Your test results were negative for Lyme disease as determined by the CDC-recommended ELISA Lyme antibody screen test. However, diagnostic tests for Lyme are not very sensitive; a negative test result does not mean that you do not have Lyme disease. At CityMD, we fully understand Lyme disease must include careful clinical evaluation and should not be based solely on the detection of antibodies to *Borrelia burgdorferi*. Lyme disease is a clinical diagnosis based on medical history, symptoms, exposure to ticks, and patient response to treatment of Lyme and common tickborne co-infections. There are many reasons why someone who does have Lyme may get a negative test result: antibodies may not have had time to develop, the immune system may be suppressed, or the person may be infected with a strain that the test does not measure.

If you received a Lyme diagnosis during your visit and started antibiotics, please finish all prescribed antibiotics and follow up with an infectious disease specialist. If your symptoms continue or you begin to feel worse, please contact CityMD Aftercare so that we may provide you with further help.

There are a few common ways to avoid future infection. When walking in wooded areas or other places with a high potential risk for tick exposure, please wear a hat and light-colored clothing, including long-sleeved shirts and long pants tucked into boots or socks. Also use insect repellent while outdoors and have someone check your body for ticks after returning from anywhere that potential tick exposure is high.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

### *9. Negative Tick Panel*

Your Northeast tickborne illness screening test results were normal (negative). This panel consists of antibody testing for Lyme, Ehrlichia, Babesia and Anaplasma. However, the diagnostic tests for the tickborne illness screening test are not very sensitive; a negative test result does not mean that you do not have a tickborne illness. At CityMD, we fully understand tickborne illnesses must include careful clinical evaluation and should not be based solely on the detection of antibodies. Lyme disease specifically is a clinical diagnosis based on medical history, symptoms, exposure to ticks, and patient response to treatment of Lyme and common tickborne co-infections. There are many reasons why someone who has a tickborne illness may get a negative test result: antibodies may not have had time to develop, the immune system may be suppressed, or the person may be infected with a strain that the test does not measure.

If you received a tickborne illness diagnosis during your visit and started antibiotics, please finish all prescribed antibiotics and follow up with an infectious disease specialist. If your symptoms continue or you begin to feel worse, please contact CityMD Aftercare so that we may provide you with further help.

There are a few common ways to avoid future infection. When walking in wooded areas or other places with a high potential risk for tick exposure, please wear a hat and light-colored clothing, including long-sleeved shirts and long pants tucked into boots or socks. Also use insect repellent while outdoors and have someone check your body for ticks after returning from anywhere that potential tick exposure is high.

For any other questions about your results, please call CityMD's Aftercare department at 516-342-7075. We are here to help.

### *10. Negative H. pylori*

Your H. pylori blood test results were normal (negative). This usually implies that you do not have H. pylori, a bacteria linked as a cause of gastric and duodenal ulcers.

Accuracy of H. pylori serology have limited its use in general. While some large studies have found uniformly high sensitivity (90-100%), there is variable specificity (76-96%); the accuracy has ranged from 83-98%.

If your symptoms continue despite a negative H. pylori test, we urge you to seek further evaluation or follow up with a gastroenterologist since there are numerous causes of abdominal pain. Active symptoms should always be reevaluated for more advanced work-up.

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