Urine Collection
Instructions

Included with this kit

Before collecting your sample, please ensure that your kit contains the following materials:

A Self-adhesive order number label
B Collapsible urine cup
C Bulb pipette
D Yellow-capped transport tube with fluid
E Blue-capped transport tube
F Zip closure specimen bag
G Postage-paid return envelope
**Step-by-Step Guide**

**IMPORTANT:** Read all instructions prior to collecting your sample

- Use the cup to collect your first urine of the day
- Be sure to wash and dry your hands thoroughly, **before and after** collection

1. **Remove the contents of the plastic bag.**
   - Open the collapsible cup and expand it completely, locking it in place.
   - Use the cup to collect your first urine of the day, filling at least half of the cup.

2. **Open the blue-capped tube and remove the yellow-capped tube.**
   - Remove the yellow cap and carefully place the tube back into the larger tube without spilling or removing any of the fluid.
   - This will stabilize the tube as you prepare your sample. Set the tube aside on a stable surface.

3. **Using the bulb pipette, transfer urine from the cup into tube of fluid until the liquid reaches the black fill lines.**
   - Discard the remaining urine, bulb pipette and the cup.

4. **Carefully remove the tube of fluid from the larger tube and replace the yellow cap,** ensuring that it is tightly sealed.

5. **Place the self-adhesive label with your order number on the yellow-capped tube.**
   - **⚠️** If you are testing multiple body sites, ensure that you are placing the correct label on each tube. The labels are letter-coded and marked with the corresponding body site.

6. **Put the sealed yellow-capped tube, **lid up,** back in the larger tube and securely replace the blue cap. Then place the tube in the zip closure bag and seal tightly.**
   - Place the bag in the postage-paid envelope and seal tightly.

7. **You can send your sample from your mailbox or any United States Post Office.**
   - **⚠️** Do not place in a FedEx or UPS drop box.