

How to Collect A Urine Sample

To perform this self-test, you may need assistance from a sighted person.

What you should have ready:

- 1 resealable biohazard plastic bag (Bag #1) labeled urine
- 1 dropper
- 1 yellow tube labeled urine
- 1 cup, and
- 1 piece of paper towel

Step 1. Before You Collect

If you have recently urinated (peed), wait at least one hour before collecting this sample.

Step 2. Wash your hands with soap and water and pat them dry.

Step 3. Collect Sample

- Lay out the paper towel on a clean, flat surface.
- In one hand, hold the cup under your genital area (private parts).
 - If you have a vaginal or front hole: use the other hand to spread open the skin outside the vagina or front hole.
- Start peeing into the cup.
- Fill the cup half full. Finish peeing into the toilet.
- Place the cup on the paper towel.

Step 4. Prepare Tube

Important: When handling the tube, do not puncture the foil on the cap, pour out, or spill the liquid. If the liquid in the tube spills, the urine sample cannot be tested, and the test must be repeated.

- Twist the cap off the yellow tube.
- Place cap foil side down on the paper towel.
- Hold the tube in one hand.

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Step 5. Fill Tube With Urine

- In the other hand, squeeze the top of the dropper and dip it into the cup of urine. Stop squeezing the dropper to draw up urine.
- Place the tip of the dropper into the open yellow urine tube and squeeze the top to release the urine into the tube.
- Fill until the urine reaches the line marked fill area.
- Twist the cap tightly to close the tube.

Step 6. Put Sample in Resealable Bag

- Put the tube in the resealable biohazard plastic bag (Bag #1) labeled urine.
- Seal the bag.

Step 7. Cleanup

- When you are finished, put the remaining test supplies in the garbage and wash your hands again with soap and water.
- Return the samples as instructed.