

HOW TO COLLECT A URINE SAMPLE

WHAT YOU SHOULD HAVE READY (FROM YOUR TESTING KIT)



1x Resealable Biohazard Plastic Bag (Bag #1) Labeled **URINE**



1x Dropper



1x Yellow Tube Labeled "Urine"



Cup



Paper Towel

STEP 1 - BEFORE YOU COLLECT

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

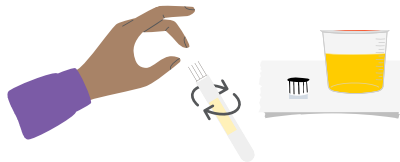


STEP 2 - WASH HANDS

- Wash your hands with soap and water and pat them dry.

STEP 3 - COLLECT SAMPLE

- Lay the paper towel on a flat surface.
- In **one hand**, hold the cup under your genital area (private parts).
 - **If you have a vagina 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 1/2 full. Finish peeing into the toilet.
- Place the cup on the paper towel.



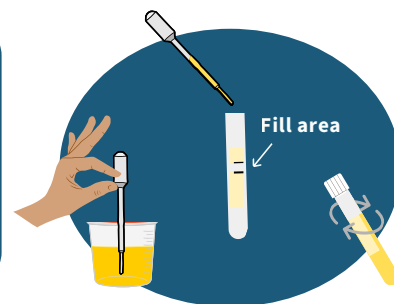
STEP 4 - PREPARE TUBE

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 open tube in one hand.

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 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
- Wash your hands again with soap and water.
- Return the sample as instructed.



Print on 8.5"x11" paper

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