

Urine (4 Tubes) Collection Instructions

Before proceeding to collection

Scan this QR code to see the Preparation and Collection instructions on your device



Sample Acceptance Criteria

<p>✗ Blooded and /or overfilled</p>	<p>✗ Improperly sealed</p>	<p>✗ Insufficient labeling (missing label, date and time of collection)</p>

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Important

- Must collect urine 4 times during a day**
 - **First collection** - Morning upon waking
 - **Second collection** - Two hours after waking
 - **Third collection** - Evening before dinner
 - **Fourth collection** - Night before bed
- Men and non-menstruating women may collect any day of the month**
- Menstruating women must collect based on the following schedule:**
 - *Regular Cycles: Collect on day 19, 20 or 21 of your menstrual cycle. Day 1 = first day of your period*
 - *Irregular Cycles: Collect 5 days before your period begins.*
 - *Unpredictable Cycles: Collect any day when not bleeding.*
- Ensure that the samples are accurately labeled with your name, date of birth, and the date and time of each sample collection. Samples with insufficient labeling will be rejected.**
- If you miss a collection time, collect the sample at the designated time the following day and label appropriately.**
- Immediate shipping of samples is recommended after all four samples are collected.**

Ensure you plan the day you are going to start collecting.

Your kit includes:

<p>Urine collection cup x1</p>	<p>Collection bags labeled Waking, Second Morning, Evening, Night x4</p>
<p>Urine tubes labeled Waking, Second Morning, Evening, Night x4</p>	
<p>Return Envelope x1</p>	<p>Biohazard bag x1</p>



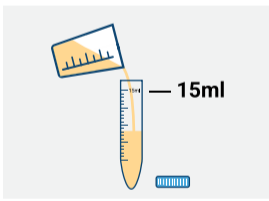
STEP 1

In the morning upon waking, prepare to fill urine in the collection cup provided prior to eating or drinking.



STEP 2

Collect urine in the urine collection cup provided.



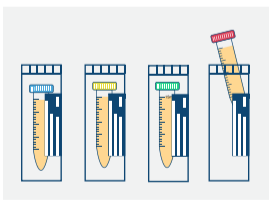
STEP 3

Unscrew cap from the ● blue urine tube labeled waking. Fill the blue urine tube with the urine from the urine collection cup to the 15 ml line.



STEP 4

Screw the urine tube cap by twisting tightly. Place it in the collection bag labeled **Morning**. Write **Date and Time of Collection** on the label affixed to the bag. **DO NOT** discard the urine collection cup. Please rinse and dry the collection cup thoroughly after each sample for further use.

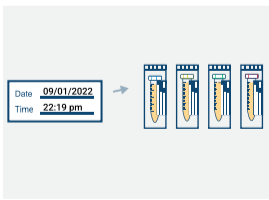


STEP 5

Repeat Step 1 through Step 4 for each collection time.

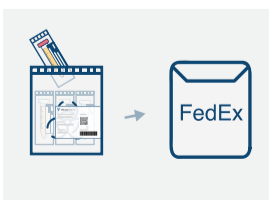
- Color in two hours after waking
- Color in Evening before dinner
- Color at Night before bed

Place the tubes in their corresponding bags labeled **Second Morning, Evening, and Night** respectively.



STEP 6

Make sure all the tubes are labeled appropriately **with the Date and Time of collection.**



STEP 7

Place all the bags with tubes inside the biohazard bag. Seal and place it into the return envelope. Mail immediately via FedEx. Holding collected samples more than **24 hours** may result in rejection.