

Urine (4 tubes) Collection Instruction

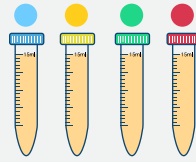
Your kit includes:



Urine collection cup
x1



Pipette
x1



Urine tubes labeled Waking,
Second Morning, Evening, Night
x4



Collection label
x4



Biohazard bag
x1



Return Envelope
x1

Sample Acceptance Criteria

✔ Accepted tube&label	✘ Blooded and/or overfilled	✘ Improperly sealed

✘ Insufficient labeling(<i>missing label, date and time of collection</i>)

Blank →

First Name	_____
Last Name	_____
DOB	_____ Gender _____
Collection Time	_____

Urine (4 tubes) Collection Instruction

Step 1



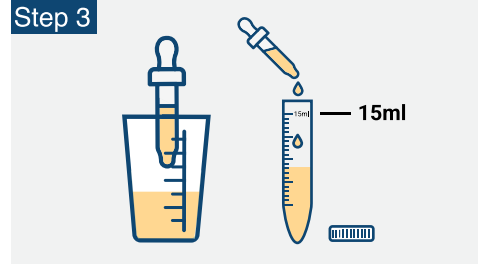
In the morning upon waking, prepare to fill urine in the collection cup provided prior to eating or drinking.

Step 2



Collect Urine in the Urine collection cup provided.

Step 3



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

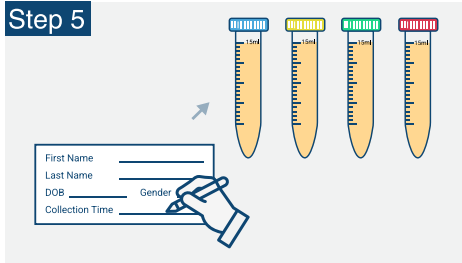
Step 4



Screw the urine tube cap by twisting tightly. Write Name, Date of Birth and Collection Time & Date on the Morning (Walking) label then stick it on the tube.

DO NOT discard the urine collection cup. Please rinse and dry the collection cup thoroughly after each sample for further use.

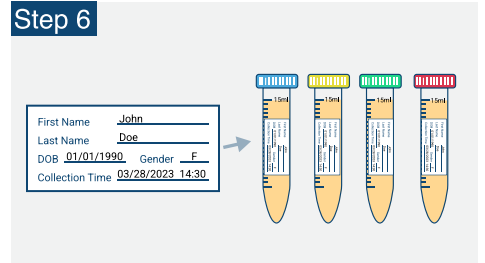
Step 5



Repeat Step 1 through Step 4 for each collection time.

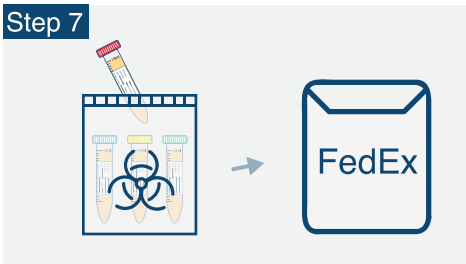
- Yellow Cap in two hours after waking
 - Green Cap in Evening before dinner
 - Red Cap at Night before bed
- Select appropriate urine tube and label based on the collection time.

Step 6



Make sure all the tubes are labeled appropriately with **your Name, Date of Birth and Collection Time & Date.**

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.