

Urine (UTI) Collection Instructions

Before proceeding to collection

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



Sample Acceptance Criteria

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

Vibrant Wellness
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 1-866-364-0963 (7 AM - 6 PM, Pacific Time)

Important/Caution

- Read all instructions thoroughly before sample collection. **Failure** to follow the instructions described may cause contamination of the sample leading to rejection at the lab.
- Please consult with your healthcare provider regarding eating, drinking and taking any supplementations or medications prior to sample collection
- Handle collection cup as “sharps”. **There is a needle in the lid under the yellow label.**
- If collecting at a medical facility, Handle all biologic specimens and “sharps” in accordance with the policies and procedures of your facility. Obtain appropriate medical attention in the event of any exposure to biologic specimen (e.g., through a puncture injury) since specimens may transmit viral hepatitis, HIV (AIDS), or other infectious diseases.

Your kit includes:



Urine collection cup
x1



Castile Soap Towelettes
x2



Urinalysis Preservative Plus Conical Urine Tube (8.0mL 16x100mm)
x1



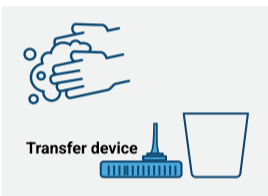
C&S Preservative Plus Urine Tube (4.0mL 13x75 mm)
x1



Return Envelope
x1

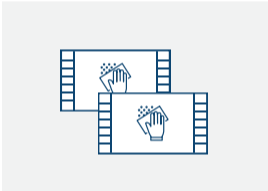


Biohazard bag
x1



STEP 1 Patient preparation

- Wash hands. Be careful not to touch the inside of cup
- DO NOT** remove the yellow label on top of the lid. **DO NOT** peel or toss the yellow label
- Remove the blue lid. **Be aware that there is a sharp in the lid**
- Place lid on counter with “transfer device” facing upwards. **DO NOT** touch the inside of the lid or transfer device



STEP 2 Cleansing instructions

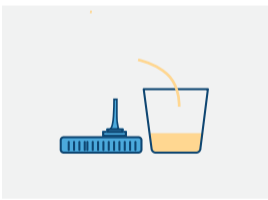
There are 2 Castile soap towelettes in the pouch along with the shipped kit.

Male

- Cleanse the end of the penis with the first castile soap towelette beginning at the urethral opening and working away from it (the foreskin of an uncircumcised male must first be retracted)
- Before collecting any urine**, repeat using the second clean towelette **proceed to Step 3 “Mid-Stream urine collection”**

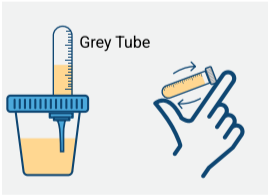
Female

- Stand in a squatting position over the toilet.
- Separate the folds of skin around the urinary opening.
- Cleanse the area around the opening with the first castile soap towelette.
- Before collecting any urine**, repeat using the second clean towelette **proceed to Step 3 “Mid-Stream urine collection”**



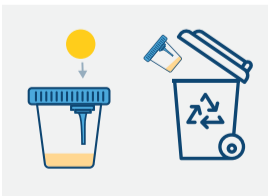
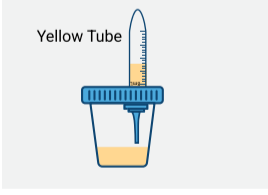
STEP 3 Mid-Stream urine collection

- Void the beginning of the urine stream into the toilet
- As you continue to void, bring the collection cup into the urine “mid-stream” to collect the urine specimen
- DO NOT** touch the inside or lip of the cup with your hands or any other part of the body (this could cause contamination)
- Fill the collection cup to 50-80cc (minimum acceptable specimen is 40cc).
- Void the remainder of urine into the toilet. **Close the collection cup with the transfer device after collection.**



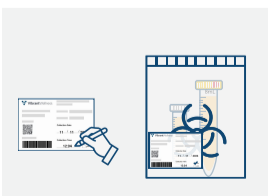
STEP 4 Urine Transfer

- Specimen must be transferred from the cup to the urine tubes within 20 minutes of collection**
- Place the collection cup on a flat surface for collection. DO NOT** invert the collection cup as it will stop the urine flow
- * Always transfer urine into the grey top (C&S preservative tube) first**
- Peel back the yellow protective sticker to expose the grey rubber-covered cannula
- Push grey top tube (C&S preservative tube)** onto the grey rubber-covered cannula
- Hold the grey top tube in position **until urine flow stops**
- Once the tube is filled, remove the tube from the rubber-covered cannula
- Vigorously invert the tube 8-10 times
- Next push the yellow & red speckled tube (urinalysis preservative tube)** onto the rubber-covered cannula
- Hold in position until flow of urine stops
- Remove the yellow & red speckled tube from the rubber-covered cannula
- Invert the tube 8-10 times



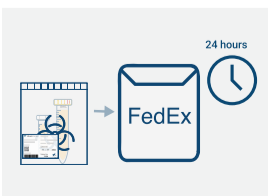
STEP 5 Disposal

- After the urine tubes have been collected, discard any remaining urine from the collection cup in the toilet.
- Replace the yellow label over the rubber-covered cannula to reseal as received.
- Use caution to avoid contact with the needle underneath the rubber-covered cannula when replacing the yellow label.
- Discard collection cup.
- Do not re-use the collection cup.**



STEP 6 Specimen Labeling

- Write Date and Time of Collection** on the label affixed to the biohazard bag.
- * This step is important as any missing information will delay the processing of your specimen.**



STEP 7 Mailing

- Place all the 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.