

HOW TO TAKE YOUR URINE (PEE) SAMPLE

DO NOT PEE FOR AT LEAST ONE HOUR PRIOR TO SPECIMEN COLLECTION

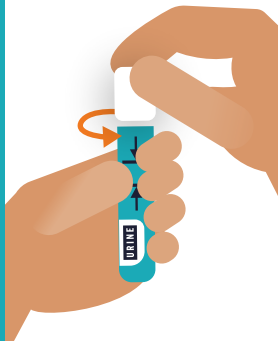
1 Pee into a clean container (approx. 20-30 mL)

It's a good idea to do this over/hear your toilet so you can finish peeing once you've collected enough

Take care not to knock over your sample once you've set it aside!



2 Carefully open the tube labelled URINE

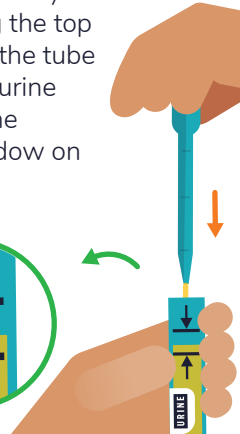
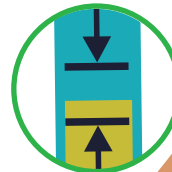


3 Suck some of your urine up in the little pipette provided

Have a practise and squeeze the top while it's submerged then let it go to watch it flow up



4 Pipe the urine into the sample tube by squeezing the top again. Fill the tube until your urine reaches the black window on the tube



5 Put the cap back on tightly

Double-check the tube has your correct full name, date of birth, and URINE written on it

