COLLECTION INSTRUCTIONS

1. Wash your hands with soap and water for at least 30 seconds and then dry.
2. Do not open the collection cup until just before voiding.
3. Do not touch or allow the inside of the cup and lid to come into contact with any parts of the body, clothing or external surfaces.
4. Collect urine into the cup provided. Void excess urine into the toilet.
5. Leave the cap turned up while voiding, then recap the filled container immediately to minimize exposure of urine to air.
6. Ensure that the cap is tightly screwed.
7. Place the cup in the biohazard bag.
8. Deliver the bag immediately to the staff.
9. Complete the Urine (Self Collection) Specimen Information Form.

Thank you for your participation!