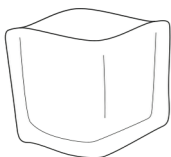


HOW TO COLLECT YOUR URINE SAMPLE

What you will need



Pouch



Bottle



Transport bag

Before you start

- Before collecting your urine sample, you should not have urinated for at least one hour. If you recently urinated, drinking a large glass of water will help you be ready to give a urine sample in one hour.
- It's best to take your sample in the bathroom.

Helpful tips

- Scan this QR code with your cell phone camera for videos and tips to help you collect your urine sample.



Instructions

- 1 Wash your hands and unpack the kit on a clean surface.
- 2 Remove the cap from the sample bottle. Stand it on a nearby surface.
- 3 Urinate into the urine collection pouch provided. **For best results, catch the first urine that comes out.**
- 4 Carefully pour your sample into the bottle, up to the fill line.
- 5 Press down firmly to secure the cap.
- 6 Place the bottle into the transport bag, fold the top of the bag over and seal it.

