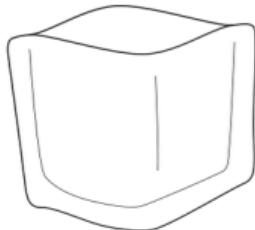


HOW TO COLLECT YOUR URINE SAMPLE

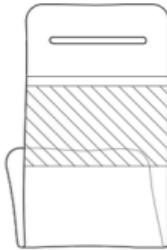
What you will need



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

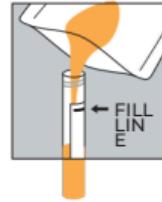
1 Wash your hands and unpack the kit on a clean surface.



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.