

Attachment 13

12-Hour Urine Collection Instructions

Overnight Urine (Pee) Sample

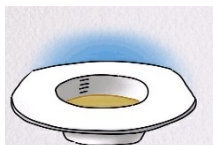
Directions for Collecting Urine (Pee)

It is very important to read these directions the day before you come to clinic. We are asking you to collect all urine (pee) the night before you come to clinic.

Inside the box that was mailed to you, you will find a Styrofoam cooler and box, a screw-top urine (pee) container, a large plastic bag, a white plastic “hat,” and 10 cold-packs.



Screw-top urine (pee) container



White plastic ‘hat’

- **When you open the box, place the 10 cold-packs in your freezer.** Cold-packs will be used to keep the urine (pee) container cool during the night.

The night before you come to clinic, we are asking you to do the following:

- Keep the Styrofoam cooler inside the box it came in.
- Use the plastic bag to line the inside of the Styrofoam cooler, like you might use a trash bag to line a garbage can.
- Place the urine container inside the bag.
- Take 8 cold-packs from the freezer and put them around the urine container.
- Keep the Styrofoam box near the toilet.
- Please empty your bladder (pee) in the toilet before 7:00 pm. We will not be collecting that void (pee).
- Collect all urine (pee) in the screw-top urine container we gave you from 7:00 p.m. until 7:00 a.m. the next morning.

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- **Women:** use the white plastic 'hat' to collect urine (pee) by putting the 'hat' below the toilet seat to collect urine (pee) each time you void (pee). **Do not put toilet paper in the 'hat'.**



(If you share a bathroom with others, make sure you remove the white plastic 'hat' from the toilet after each pee).

- Pour the urine (pee) from the 'hat' into the screw-top urine container after each void (pee).
- **Men:** use either the white plastic 'hat' or pee directly into the urine container. **(If you use the 'hat' and share a bathroom with others, make sure you remove the white plastic 'hat' from the toilet after each pee),** and pour the urine (pee) into the screw-top urine container after each void (pee).
- After each time you collect urine (pee) in the screw-top container, put the screw-top container in the styrofoam box with the cold-packs, and close the box.
- Include the first-morning void (pee) in the urine (pee) container. This will be the last urine (pee) that you need to collect.
- After you have collected the first morning void (pee) in the screw-top container, place the screw-top container in the box, remove the 8 cold-packs that were used during the night and add the 2 cold-packs from the freezer. Roll up the top of the bag/liner, push the bag down into the cooler, close the box, and take it to your clinic appointment.

(Continue)

Caution:

- Please do not drink more than your usual amount of water or other drinks before beginning this urine (pee) collection.
- It is very important to collect *all* urine (pee) during the 12-hour night.
- Collect urine (pee) that is passed during bowel movements.
- Nothing besides urine may be added to the container.
- Women who have their period may collect urine (pee) if they are using tampons.
- Women who have their period but are not using tampons should not collect urine (pee). Instead, they should tell the clinic staff why they did not collect urine (pee).
- On the day of your appointment, put the screw-top urine collection container and 2 cold-packs in the box and take it with you to the clinic.
- Do not put the box near your car heater.
- At the clinic, please give the container to the clinic staff.