

## **National Children's Study**

### **Pregnancy Test Urine Collection Instructions**

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As part of the National Children's Study, we are asking you to collect a urine sample the morning after your positive pregnancy test. This should be an early morning sample, collected the first time you urinate after you awake.

You have been provided with everything you will need to collect the sample, including a pre-labeled urine collection cup with lid, 2 paper towels, a sealable plastic bag, and a form to record the date and time you collected the sample.

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#### **Sample Collection Instructions**

1. Wash your hands with soap and water.
2. Lay out the paper towel. Unscrew the lid from the cup and place it upside down on the paper towel. Do not touch the inside of the lid or the container or allow the inside of the collection container or the inside of the lid to come in contact with any parts of your body, clothing, or bathroom surfaces.
3. Pass a small amount of urine into the toilet then urinate directly into the collection container. If possible, fill the container at least half full. Do not fill to overflowing.
4. Screw the lid on to the collection container immediately so that you minimize exposure of the urine sample to air.
5. Wipe any excess urine off of the cup with a clean paper towel and place the cup inside the plastic bag that contains the absorbent pad. Seal the bag.
6. Remember to wash your hands thoroughly after collecting the sample.
7. Place the sealed bag containing your sample in your freezer as soon as possible.
8. Please complete the Positive Pregnancy Test Urine Data Collection Form.

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*If you have any questions or concerns, please contact \_\_\_\_\_ at \_\_\_\_\_.*

**Thank you for providing this sample!**