

## **National Children's Study**

### **Spot Urine Collection Instructions**

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As part of the National Children's Study, we are asking you to collect a urine sample.

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 the collection container immediately so that the urine is only briefly exposed to the air.
  5. Wipe any excess urine off of the outside of the cup with a clean paper towel.
  6. Remember to wash your hands after collecting the sample.
  7. Keep the container upright and bring it back to the interviewer.
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*If you have any questions or concerns, please ask.*

**Thank you for providing this sample!**