

**Appendix T: Active Follow-up Sub-cohort Home Visit
Instructions for Urine Collection**



A health study for oil spill clean-up workers and volunteers

Urine Collection Instructions

When you wake up on the morning of the home visit, please collect your **FIRST URINE** of the day. To help you remember to do this, place the urine cup next to the toilet the night before the visit.

- If you work at night, please see the special instructions below
- If you are a woman and are having your menstrual period, do not worry if blood gets in the cup.
- If you get up in the middle of the night to urinate, please do not collect that urine. We want urine collected when you “normally” wake up.
- If possible, please remember to fast for at least 8 hours before the home visit. By fast, we mean do not eat or drink anything except water in the 8 hours before your visit.

When you collect your urine:

1. Fill to the 90 mark with urine and screw the lid securely on the cup.
2. Write the date and time you collected your urine on the paper label on the side of the cup. **DO NOT WRITE YOUR NAME ON THIS LABEL.**



3. Place the cup in the plastic bag provided. Close the bag and keep urine cool in the refrigerator until the Medical Research Assistant arrives.

If you are not able or forget to collect your **FIRST URINE**, collect the sample the next time you urinate.

If you have to cancel the visit for some reason:

- Flush the collected urine collected in the toilet, rinse the cup with water and dry it. Do not use soap to clean the cup.
- Follow instructions #1-3 above on the day of the next scheduled visit.
- Cross out the missed date and time on the urine cup label and clearly write the new date and time on the label.

Urine Collection Instructions for Night Workers

You should collect your urine as described above when you normally wake up—that is after your longest period of sleep, and **BEFORE** your scheduled visit with the Medical Research Assistant.

Examples:

1. George works nights as a dock worker. On Tuesday, he gets home at 7:00 am and sleeps from 9:00 am until 4:00 pm. George’s home visit appointment is Tuesday evening at 6:00 pm. George collects his urine Tuesday afternoon when he wakes up at 4:00 pm and keeps it in the refrigerator until the visit.
2. Beth works nights at a factory, and usually gets home from work at 9:00 am. Beth stays awake all morning and early afternoon. She sleeps from 3:00 pm until 9:00 pm. Her appointment is for Tuesday morning as soon as she gets home from work. Beth collects her urine Monday night at 9:00 pm when she wakes up before going to work, and refrigerates her urine until the home visit the next morning.

3. John gets up at 4:00 am each morning to drive a school bus. He returns home at 8:30 am and goes back to sleep for 2 hours. His visit is scheduled for 1:00 pm. John collects his urine when he first wakes up at 4:00 am and refrigerates the urine before going to drive the bus.