

Pre-Visit Instructions for Fasting Blood,  
Urine, and Vacuum Data Collection



**The day before the visit:**

Depending on the time of your visit, we ask that you do not eat or drink anything other than water for 8 hours prior to the visit.

We ask that you do not empty your vacuum cleaner bag for 1 day prior to the visit.

**The day of your visit:**

- We will ask you to collect a small amount of your urine (about 2-1/2 ounces) in a cup we provide.
  - We may use your urine for research studies that include biological, genetic and environmental testing based on the permission you gave during the Informed Consent process.
- We will collect a small amount (about 2 ½ tablespoons) of your blood using a small needle.
  - We are trained medical professionals who know how to take blood safely. People sometimes feel brief pain when blood is taken, and there is a very small risk of infection, bruising, bleeding, or fainting.
  - We may use your blood for research studies that include biological, genetic and environmental testing based on the permission you gave during the Informed Consent process.
- We will be collecting a dust sample from the contents in your vacuum cleaner.
  - We may use the dust for research studies that include biological, genetic and environmental testing based on the permission you gave during the Informed Consent process.

**Please remember:**

- This is a research study and we cannot give you medical advice. None of the Study visits take the place of your regular doctor or clinic visits.