# Attachment 9: Urine Collection Instructions

**Urine Collection**

**Please read carefully**

* We will give you a **plastic cup** and a **plastic bag** with an **adsorbent pad**
* **DO NOT take the cap off the cup** until you are about to pass urine (pee)
* **Write your name in the label** on the outside of the cup

**Just before you are about to pass urine (pee):**

* Wash your hands with **s**oap & water, rinse & dry them with a clean towel
* Keep the cup closed until you are ready to pass urine
* Do not touch the inside of the cup or cap
* Open the container and leave the cap turned up
* Urinate (pee) inside the cup
* Put the cap back on the filled container and tighten it
* **Write the TIME OF COLLECTION and whether it was “spot” sample or first void on the filled cup’s label.**
* Wash your hands with soap and water
* Put the closed cup filled with urine in a **zip lock bag.** Seal the bag. Put the sealed bag in the freezer
* **Bring the sealed bag with the cup** to your scheduled appointment

**Thank You!**