

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 soap & 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!