

# INSTRUCTIONS FOR SAMPLE COLLECTION



## ORDER OF SPECIMEN COLLECTION

1. Urine
2. Semen

## SUPPLIES NEEDED

### URINE

- 1 specimen cup
- 1 antiseptic towelette

### SEMEN

- 1 specimen cup

## URINE SELF-COLLECTION

1. Wash your hands with soap and water.
2. Remove the lid of the urine cup. Avoid touching the inside of the cup.
3. Use the towelette to gently wipe the tip of your penis around the opening. If you have not been circumcised, gently pull the foreskin back before you wash the tip of the penis. Keep holding it back until you are finished getting the urine sample.
4. Urinate into the toilet for a few seconds, then stop. Wait until the urine stream is going strong before stopping.
5. Place the empty cup in the path of the stream.
6. Restart the urine stream into the cup. Stop urinating when the cup is approximately half full.
7. Finish urinating into the toilet.
8. Tightly screw the lid on to the cup. Check that the lid is on tight.
9. Use one of the strips of tape to secure the lid to the cup ([see photo](#)).
10. Place the cup into one of the zip lock bags along with the absorbent paper towel provided.
11. Wash your hands with soap and water
12. Refrigerate the bagged sample immediately and keep refrigerated until you are ready to mail the samples.

## SEMEN SELF-COLLECTION

1. If you need to use a lubricant, apply the lubricant on the body (shaft) of your penis. Keep the lubricant away from the head of the penis.
2. Masturbate.
3. As you ejaculate, collect the entire sample in the cup. **DO NOT USE A CONDOM OR ANYTHING BESIDES THE CUP TO COLLECT THE SAMPLE.** Do not put anything else into the cup.
4. Tightly screw the lid on to the cup. Avoid touching the inside of the cup. Check that the lid is on tight.
5. Use the other strip of tape to secure the lid to the cup ([see photo](#)).
6. Place the cup into one of the zip lock bags along with the absorbent paper towel provided.
7. Wash your hands with soap and water.
8. Refrigerate the bagged sample immediately and keep refrigerated until you are ready to mail the samples.

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**SCHEDULING  
SAMPLE PICK-UP**

Please call Fedex to schedule a pickup at your home, ideally on the same day as you provide the samples: [insert Fedex number].

If you have any trouble, please contact us at [ZikaMalesStudy@cdc.gov](mailto:ZikaMalesStudy@cdc.gov) or 970.221.6400

**[Insert photo here]**