

## Appendix E: Urine Collection Instructions

### PFAS Exposure Assessment

### Urine Collection Instructions

**Flesch-Kincaid Reading Level (without agency or chemical names): 8.5**

When you receive the urine collection kit, please put the freezer pack in the freezer so you can use it to transport your sample to the collection location. Please collect a sample of your first morning urine void on the day of your scheduled blood collection appointment. Write down the date and time of the collection. Please use the following instructions:

**Step 1:** When you get up in the morning, collect a sample of your urine in the provided cup the first time you use the bathroom. Please try to fill at least one quarter of the cup.

- Make sure to wash your hands with **water only** before collecting your sample. Do not use any soap, lotion, or other personal care products.
- Put on the provided gloves before collecting your sample.

**Step 2:** Cap the urine collection cup and seal in the provided plastic bag.

**Step 3:** Record the date and time of your collected urinary sample on your urine collection log.

- If some of the sample spills, or you forget to record the time of collection your sample will still be able to be used for the investigations. Please write down any comments you want us to know about on your collection log.

**Step 4:** Place your sample in your refrigerator until it is time to go to your blood collection appointment.

**Step 5:** Bring your urine sample, inside the provided cooler box packed with the frozen ice pack, and your urine collection log to your blood collection appointment.