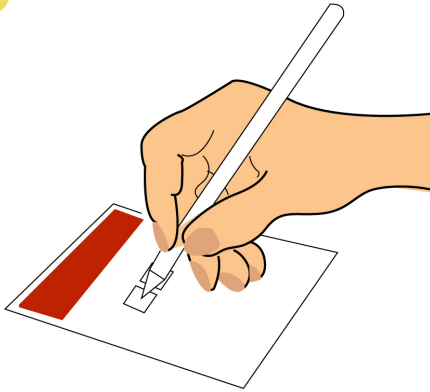


How to provide a URINE sample

INSTRUCTIONS

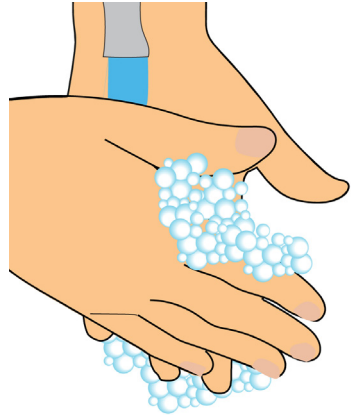
Contents; Request form, Return postal envelope, Pipette, Urine collection container, Clamshell with YELLOW labelled collection tube.

1



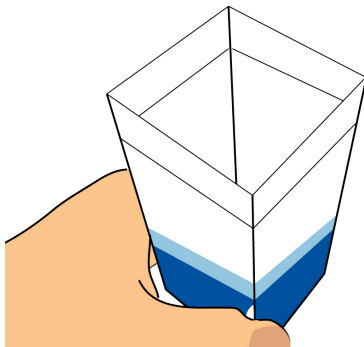
Complete the form provided with the date you took the sample. It helps if this is written carefully and clearly.

2



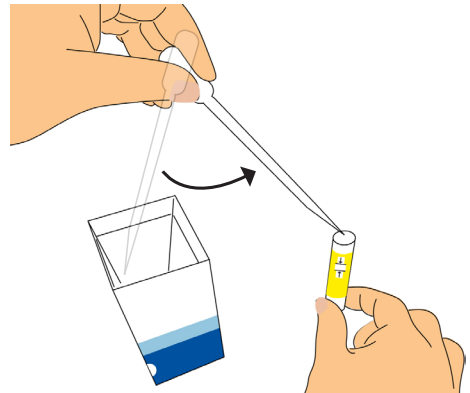
Wash your hands in warm soapy water and dry them using a clean towel. You are now ready to start the sample collection.

3



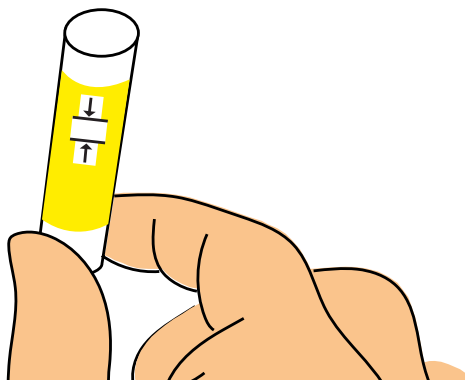
Squeeze the urine collection container at the base to assemble, instructions are illustrated on the side. Ideally you will not have urinated for an hour before collecting your sample. Start to urinate into the container.

4



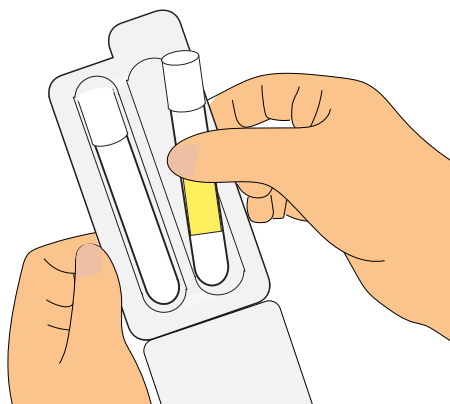
A pipette is provided. Having removed the cap of the YELLOW tube use the pipette to transfer the urine into the tube.

5



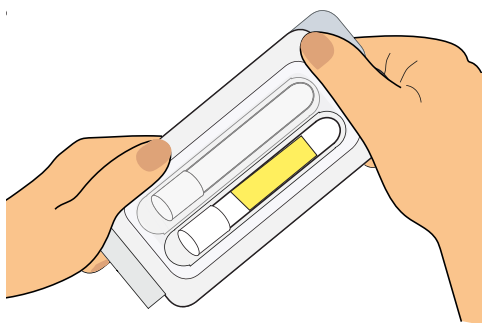
It is important to continue filling the tube until the level is between the black fill lines on the tube label. When filled make sure you screw the cap on tightly.

6



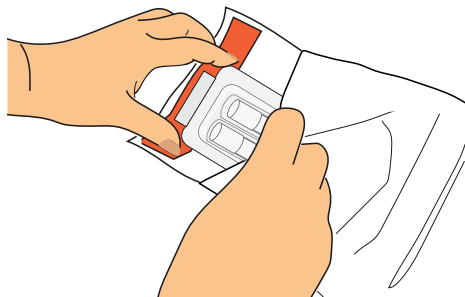
Now pack the tube back into clamshell. If placed into the clamshell in the same position as when it was taken out it will fit comfortably.

7



Close the clamshell firmly and pack it with the completed request form into the prepaid return addressed envelope. It is **IMPORTANT** both items are returned.

8



Seal the return envelope and post it that day or the following day. You will be contacted shortly by text with your results.

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