

ONSITE

Clinical Care

Urine Specimen Collection Instructions



Medical Precautions:

- Biologically female patients should not cleanse the labia prior to collecting their specimen.
- Catch only the first 20-30 ml (no more than 1 fl oz) of urine expressed. This should fill no more than a quarter of the collection cup.
- Fill the specimen tube to the indicated fill line.

What Happens Next:

1. Once your sample is received and passes the quality check, the lab will begin to process your sample.
2. A board-certified physician will review your results and securely transmit them back to us.
3. You will receive an emails as soon as your results are ready.

Getting Started

Accurate results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

Tips to ensure a proper collection:

- Do not urinate for at least 1 hour prior to collecting your specimen.
- Collect only the first 20-30 ml of urine expressed or a first catch.
- Collect a 'dirty' specimen, biological females should not cleanse the labia area prior to specimen collection

Step 1: Prep



1. Lay out all the contents of your kit.
2. Label the collection tube with the patient's name and date of birth

(Unlabeled specimen tubes will not be processed)

Step 2: Collect



1. Remove the cap from the collection cup.
2. Perform a first catch (sample collected from the initial urine stream).
3. Collect between 20-30 ml (no more than 1 fl oz); this should only fill about a quarter of the collection cup.

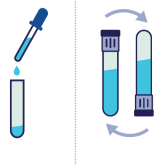


4. Empty the remaining volume of the bladder into the toilet

Step 3: Transfer

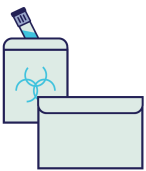


1. Remove the cap from the transfer tube. Be careful not to spill any of the specimen preservatives.
2. Use the pipet provided to transfer urine from the cup into the transfer tube.
 - Squeeze the top bubble of the pipet to remove all of the air
 - Place the pipet into the collected urine cup and release the pressure on the top of the pipet. This will draw the urine into the pipet
 - Move the full pipet into the transfer tube and squeeze the top to release the urine into the tube.



3. Repeat step 2 as needed until you fill the collection tube to the marked fill line.
4. Place the cap back onto the transfer tube and twist it to seal the sample tightly.
5. Invert the tube 8 - 10 times to mix the urine with the preservative.

Step 4: Return



1. Place the transport tube into the biohazard bag with the absorbent pad, then seal the bag.
2. Enclose the biohazard bag within the crush-proof box, and place it into the return shipping envelope.
3. Ship the specimen to the lab.