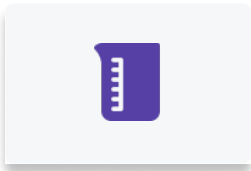
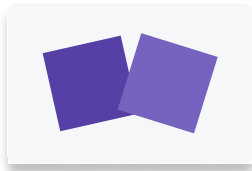


URINE CLEAN CATCH COLLECTION PROCESS

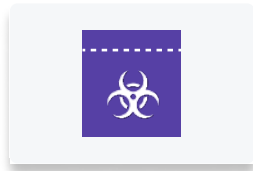
Tools to be prepared:



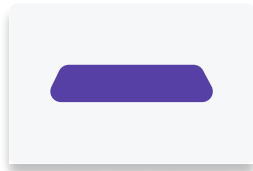
1 clean, dry specimen container with screw-top waterproof lid



2 sterile alcohol prep pads.



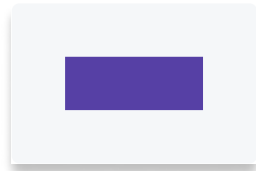
1 ziplock top biohazard specimen bag.



1 absorbent pad.



1 permanent marker



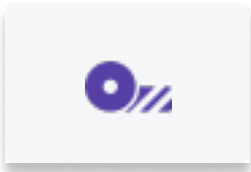
1 self-sealing bubble out bag.



corrugated cardboard box mailer



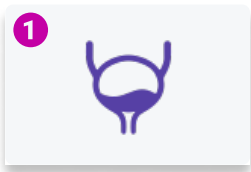
1 UN3373 label for Biological Substance, Category B.



tamper evident security tape.

DNA Sample Collection Steps:

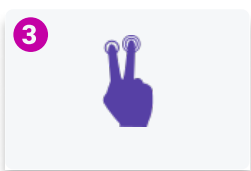
Women



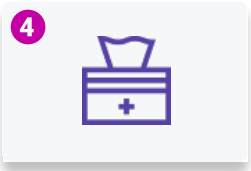
If possible, collect the sample when urine has been in your bladder for 2 to 3 hours



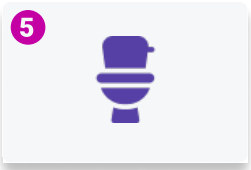
Wash your hands properly prior to taking a urine sample to avoid contamination.



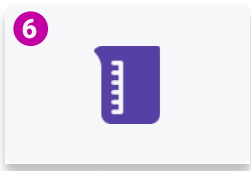
Sit on the toilet with your legs spread apart. Use two fingers to spread open your labia.



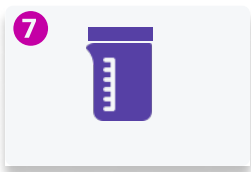
Use the first wipe to clean the inner folds of the labia. Wipe from the front to the back. Use a second wipe to clean over the opening where urine comes out (urethra), just above the opening of the vagina.



Keep your labia spread open, urinate a small amount into the toilet bowl, then stop the flow of urine.



Hold the urine cup a few inches (or a few centimeters) from the urethra and urinate until the cup is about half full, You may finish urinating into the toilet bowl.



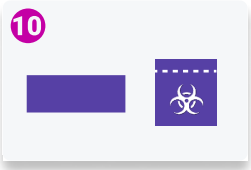
Screw the lid tightly on the container. Do not touch the inside of the container or the lid.



With a permanent marker, write your specimen number and collection date on the cup.



Place the transport tube and the absorbent pad in the ziplock top biohazard specimen bag.



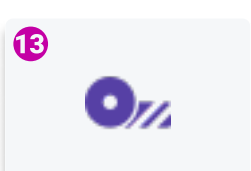
Seal the ziplock top biohazard specimen bag and place it in the bubble out bag.



Seal the bubble out bag then place it into the corrugated cardboard box mailer for shipping.



Attached the “UN3373. Biological Substance, Category B” label on the top side of the corrugated cardboard box mailer.

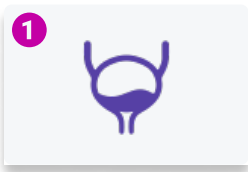


Use the tamper evident security tape to seal the corrugated cardboard box mailer.



With a permanent marker, write down the selected nearby lab's address on the cardboard box and ship it immediately. You DO NOT need to mention your name, address, or any personal information anywhere.

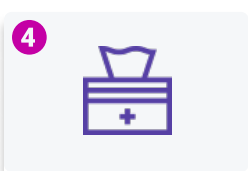
Men



If possible, collect the sample when urine has been in your bladder for 2 to 3 hours



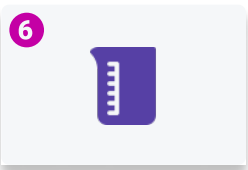
Wash your hands properly prior to taking a urine sample to avoid contamination.



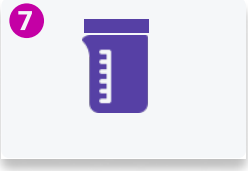
Clean the head of the penis with a sterile wipe. If you are not circumcised, you will need to pull back (retract) the foreskin first.



Urinate a small amount into the toilet bowl, and then stop the flow of urine.



Then collect a sample of urine into the sterile specimen container, until it is half full. You may finish urinating into the toilet bowl.



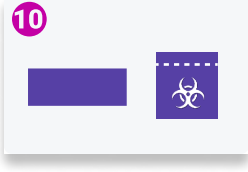
Screw the lid tightly on the container. Do not touch the inside of the container or the lid.



With a permanent marker, write your specimen number and collection date on the cup.



Place the transport tube and the absorbent pad in the ziplock top biohazard specimen bag.



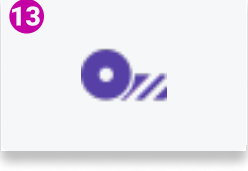
Seal the ziplock top biohazard specimen bag and place it in the bubble out bag.



Seal the bubble out bag then place it into the corrugated cardboard box mailer for shipping.



Attached the “UN3373. Biological Substance, Category B” label on the top side of the corrugated cardboard box mailer.



Use the tamper evident security tape to seal the corrugated cardboard box mailer.



With a permanent marker, write down the selected nearby lab's address on the cardboard box and ship it immediately. You DO NOT need to mention your name, address, or any personal information anywhere.