

urine collection | instruction sheet

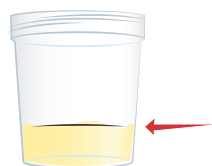
1. Do not urinate for one hour before urine collection.

2. Do not wipe or clean your penis prior to urine collection.

3. Wash your hands, dry with clean towel, and open the cup without touching the inside.
(NOTE: not all cups will have a lid.)



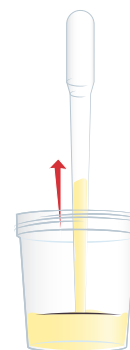
4. Collect the first part of the stream (NOT midstream) in the cup, filling to the line marked in black ink. Try not to overfill beyond the black line. Put aside.



5. Wash and dry your hands again. Unscrew the top of the tube, DO NOT empty the liquid from the tube. Place the opened tube on a flat surface so liquid will not spill out.



6. Put the pipette tip into the cup and squeeze the bulb to uptake urine.



7. Insert the pipette into the tube, repeat as needed to get the liquid to between the MIN and MAX lines.



8. Tightly secure the lid of the tube.

9. Place the tube in the plastic biohazard bag, and place the bag safely aside. DO NOT seal the biohazard bag.



10. Pour the remaining urine into your toilet. Dispose of the urine cup and pipette in your home garbage.

Once you are done collecting all required specimen, place the biohazard bag and the completed lab requisition form in the bubble mailer and see the mailing instructions insert. If you have any questions, contact a CareKit team member at Carekit@emory.edu or 404.435.4513.