

How to collect a clean urine sample

Before collecting the sample:

- Wash your hands carefully.
- Wash the area around your genitals.

After collecting the sample:

- Take the tube with the urine sample to the person in charge.
- Pour remaining urine from the container into the toilet. Dispose of the container with household waste.

1



1. Open the lid by unscrewing anti-clockwise.

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2. Place the lid upside down on a clean surface.

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3. Do not touch the inside of the urine sample container or lid.

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4. Fill about ¼ of the sample container with urine.

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5. Firmly close the lid by turning in a clockwise direction to prevent leakage.

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6. Turn the sample container upside down a few times.

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7. Remove the sticker from the lid partially – do not remove completely.

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8. Leave the lid on the sample tube.

Gently press the sample tube (lid first) into the opening of the container.

Let the tube fill with urine. Once the urine flow stops, remove the sample tube by gently pulling it upwards.

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9. Place the sticker firmly on the lid.

10



10. For tubes with white powder:

Turn the sample tube upside down 8-10 times.