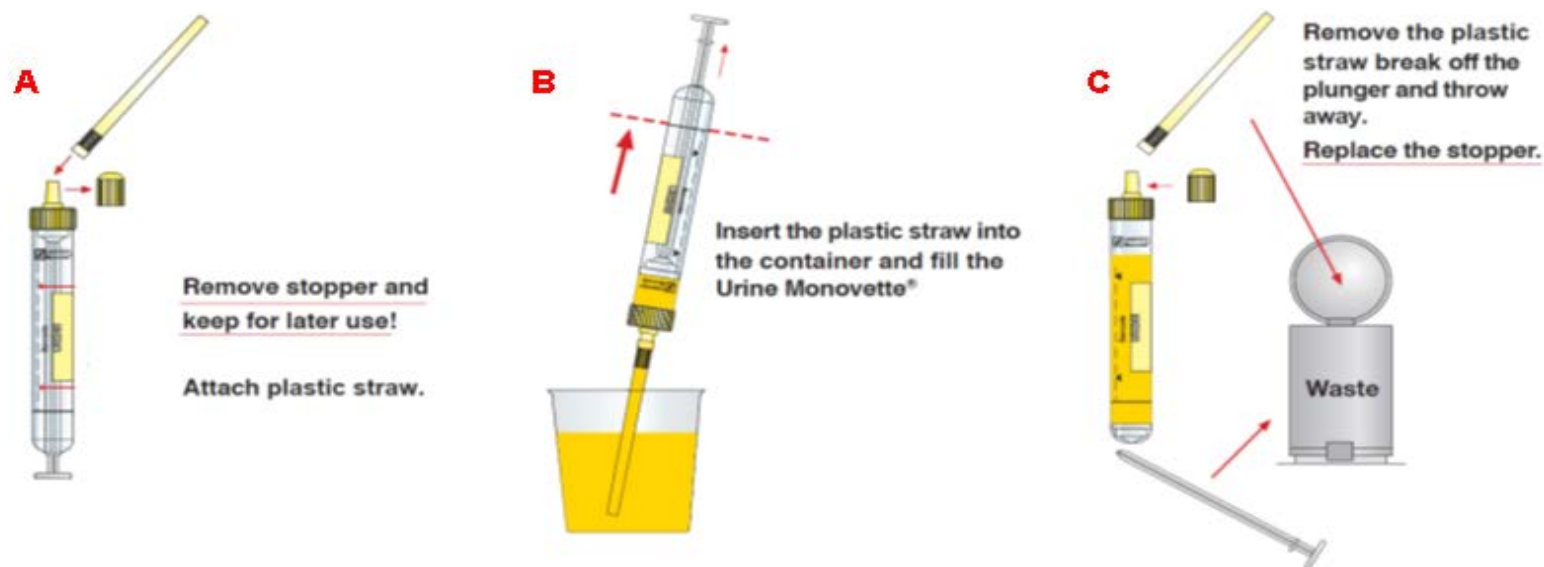


URINE COLLECTION instructions

Please collect **FIRST** urine of the day, on the **SAME day of the week (not Tuesday or Wednesday as these are clinic days)**. Consider preparing equipment bag & wipes the evening before
You have an equipment bag for each week.



1. Wash hands thoroughly
2. Clean genitals: Women: part the labia, use a hygiene wipe to wipe from front to back, twice
Men: retract foreskin if uncircumcised, clean tip of penis with a hygiene wipe, twice
3. Open white collection tube (shown across the page)
4. Start urinating into the toilet
5. Midway through urinating, move the white collection tube into the urine stream, removing from the stream when nearly full
6. After urinating, place the collection tube on a steady surface
7. Wash hands thoroughly, remove yellow urine syringe from packaging; **do not touch** straw, leaving it inside packaging



8. Remove stopper on syringe and replace with straw, using packaging to grab straw (picture A above)
9. Fill syringe with urine from collection bottle (picture B above)
10. Snap off plunger at one end, and close with stopper at other end (picture C above)
11. Write day's date onto label provided and stick label onto urine syringe
12. Place the syringe into sealable bag, roll up, and place immediately in the freezer box, in your freezer
13. Dispose of remaining bits and pieces in normal household waste

PLEASE ALWAYS:

Collect FIRST urine of the day, on the SAME day of the week

If you forget to collect the FIRST urine, try again the following day

**Keep urine syringes hidden from light, in the freezer box
since they are sensitive to light**

Keep freezer box in your freezer except to add a new sample or take to hospital

If your freezer breaks down please let us know immediately

**If you cannot collect a sample for one or several weeks (e.g. when on holiday)
resume collection whenever possible using the next bag in the pack.**

Remember to always date your sample.