

Urine Sample Collection Instructions



TIME OF DAY

We want you to collect samples from your first morning void; that is, the time you first wake up in the morning to begin your day. (If you have a sleep schedule other than the usual overnight time period, please discuss the collection time with investigator).

HOW TO COLLECT THE SAMPLE

It is very important to collect the sample using the following instructions so that the samples will not be contaminated with dust or dirt:

1. The night before, bring the urine sample cup and spare to the bathroom.
2. In the morning, before collecting the sample, wash your hands thoroughly with soap and water.
3. Remove the sample cup from the plastic bag. Remove the cap from the cup, put down the cap with the inside of the lid facing up.
4. Be careful not to touch the inside of the cup or the cap with your hands, clothing, or other material. If this happens, please use the second cup.
5. Urinate directly into the cup. Do not fill past the topmost line on the side of the cup.
6. Immediately place the cap on the collection cup. Again, do not touch the inside of the cap or collection cup.
7. Place the cup back into the biohazard plastic bag and seal the biohazard plastic bag. Place the specimen in the refrigerator.
8. Please complete the date and time collection information below for the urine sample.

Date Collected _____

Time Collected _____

For collection, you have received:

- Pre-labeled urine specimen container
- Biohazard plastic bag
- Copy of Consent form
- Collection instructions

Scheduled Pickup

Date: _____

Time: _____

When form is complete, return form to urine specimen collection bag. For questions or concerns, please contact Taylor Hampton at taylorhampton@utah.gov.