

URINE COLLECTION

Please collect a urine sample from your child to mail back to us. Instructions are provided below.

INSTRUCTIONS FOR PARENTS

1. Please start filling out the food checklist beginning two days before collecting the urine sample. For example, if you plan to collect the sample on Thursday, please start the checklist on Tuesday morning. You will complete the checklist for Tuesday, Wednesday and Thursday (up until the time of sample collection).
2. **Please place the freezer packs into the freezer upon receipt** so you can keep the sample cold after collection.
3. **Get ready to collect a sample:** Place a toilet “hat” on the toilet, aligning the curved part of the “hat” with the front curved part of the toilet, then put down the toilet seat.
4. **Collect the sample:** ask your child to urinate into the collection “hat” just as s/he would into the toilet. It may be easier for both boys and girls to do this sitting down. If the child has a bowel movement in the hat, please try again with the second “hat” provided.

→ see other side



After there is urine in the collection “hat”:

5. Pour the sample into collection cup:

- Put on the gloves.
- Remove the cup from its plastic bag, unscrew the lid, and set the lid carefully to the side.
- Remove the “hat” and carefully pour the urine sample into the collection cup **as much as possible up to 3/4 full.**
- Close the collection cup and tighten the lid.
- Pour the rest of the urine into the toilet.

6. Please fill out the top part of the label on the biohazard collection bag:

- Date and time of sample collection.
- Time of your child’s last meal or snack.
- Whether your child has taken antibiotics in the last 24 hours.

ID#: _____
Date of sample collection: _____ / _____ / _____ (MM/DD/YYYY)
Time of sample collection: _____ : _____ AM PM (circle one)
Time of child’s last meal/snack: _____ : _____ AM PM (circle one)
Has your child taken antibiotics in the last 24 hrs? <input type="checkbox"/> YES <input type="checkbox"/> NO

7. Prepare the sample for mailing

- Put the collection cup into the biohazard collection bag and zip it closed.
- Place the frozen freezer packs and the biohazard collection bag with the cup into the insulated mailer.
- Add the completed food diary to the mailer and send!

Thank you for your cooperation!!!