

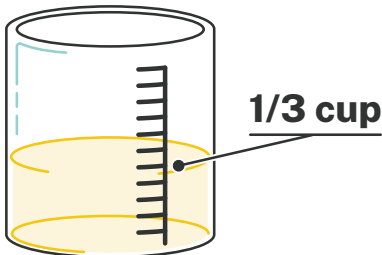
# URINE SPECIMEN COLLECTION BEST PRACTICES



White  
Tube

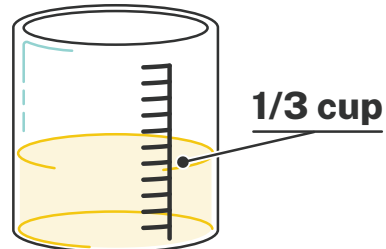
To ensure integrity and validity of the sample, it is important to follow these instructions.

## ♂ MALES

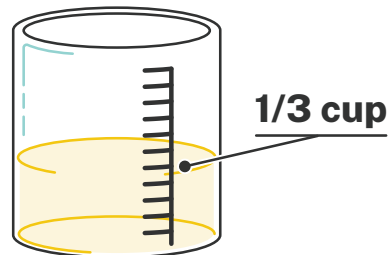


Retract foreskin (as applicable), collect first ~10–15 mL urine into sterile urine cup, limiting total collection volume to a 1/3 of urine cup.

## ♀ FEMALES



**a. Clean catch:** Urinate a small amount into the toilet. Collect midstream sample, filling urine cup no more than a 1/3 full.



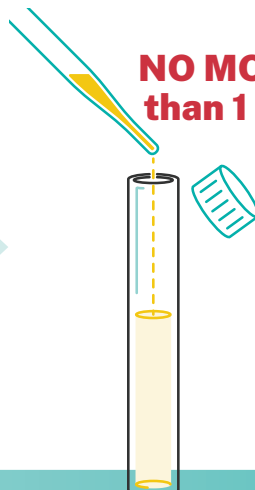
**b. Non-clean catch:** Holding labia apart, collect first ~10–15 mL urine, limiting total collection volume to a 1/3 of sterile urine cup.

**Swirl 10 times**

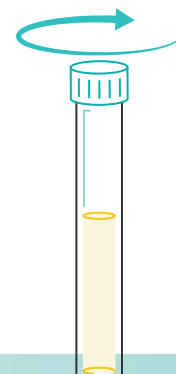


With the lid on, swirl the urine cup on the counter 10 times to ensure the sample is thoroughly mixed

**NO MORE than 1 mL**



Remove the lid and transfer no more than 1mL of urine (as marked on the pipette) from the collection cup to the molecular transport tube



Securely tighten the cap of the transport tube

