

Simple steps to collect your urine samples for a fast and accurate response

- 1** You can give your sample **ANY** time of the day
- 2** It will be easiest to give your sample if you drink fluid beforehand
Try to leave 2 hours from your last urination, to ensure you have enough urine
- 3** Collect the **TOTAL CONTENT** of your bladder, from the first to last drop, in the specimen pot supplied by the clinic or a large clean container*

BUT don't worry, any amount greater than 10mL (half an egg cup) will suffice.

* The test does not require the container to be sterile
- 4** Pour the contents of the container into the specimen pot. Don't worry if you have more than 200mL you can throw away the excess.

Close the lid tightly and give it to the nurse at your clinic.

