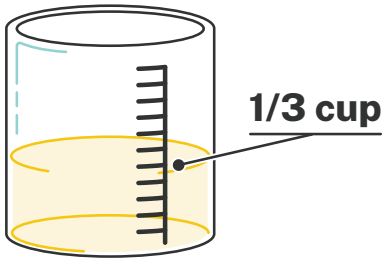


# URINE SPECIMEN COLLECTION BEST PRACTICES

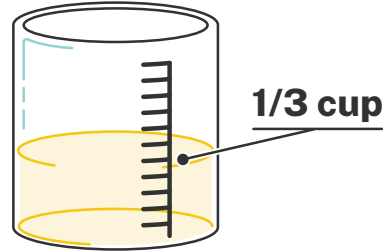
To ensure integrity and validity of the sample, it is important to follow these instructions.

## ♂ MALES

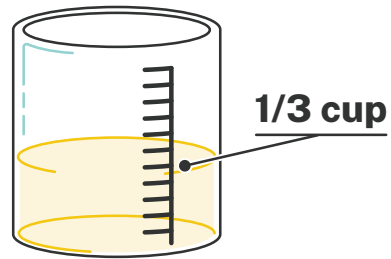


Retract foreskin (as applicable), collect first ~10–15 mL urine into sterile urine cup, limiting total collection volume to a 1/3 of urine cup.

## ♀ 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**

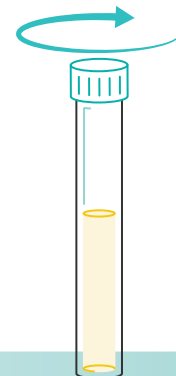


With the lid on, swirl the urine cup on the counter 10 times to ensure the sample is thoroughly mixed

**NO MORE than 1 mL**



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



Securely tighten the cap of the transport tube