



## Provide a urine sample

### General information

You will need an unused container such as a plastic cup or glass and the sample container given to you by your healthcare provider **NOTE:** Use only the approved sample containers given to you by your healthcare provider.

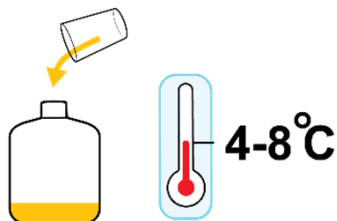
Keep the urine in your bladder for the next four hours before providing the sample, preferably longer, if possible. Morning urine samples are best.

### Here's how you do it:



Pull your labia apart or retract your foreskin.  
First, urinate a little in the toilet.  
Pause and then continue urinating into an unused container *or* continue urinating, and insert an unused container into the stream.  
The sample should be taken from the middle of the urine stream.

**NOTE!** Do not use paper cups.

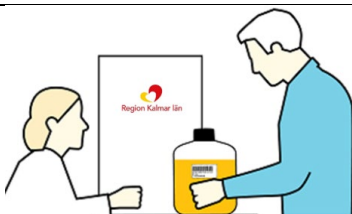


Pour the urine into the sample container given to you by your healthcare provider. Fill at least 1/3 of the sample container, preferably more, but leave some space. Do not overfill.

Make sure the lid is screwed on tightly.  
Keep the container refrigerated at 4 to 8 °C.



Attach a barcode label or a label with your name and personal identity number and name on the sample container given to you by your healthcare provider.



The sample should be delivered to your healthcare centre or sample collection unit as soon as possible. Bring your ID with you.