



Urine Collection Kit Instructions

Urine Sample Collection Kit



Please read through these instructions completely before beginning sample collection.

Contents Overview



This kit contains the supplies needed to collect your urine sample.

- One (1) urine collection container
- One (1) pair latex free exam gloves
- Two (2) strips parafilm (waxy film)
- Two (2) packages cleansing towelettes
- One (1) plastic biohazard sample bag with absorbent sheet inside.
Use only the bag provided. Do not remove the absorbent sheet from inside the bag.

You will also need a pen.

If you are missing any of the items above, or anything appears incorrect or damaged, reach out to the study team at Tapestry2@mayo.edu before moving forward.

Collecting a Sample

1. Put on the exam gloves.



2. Remove the container lid and set it down. Be sure the inside of the lid faces up. Do not touch the inside of the lid or cup.



3. Cleanse yourself using the included towelettes.

If you have a vulva:

Cleanse the area from front to back with a towelette.

If you have a penis:

Cleanse the tip of the penis with a towelette. If uncircumcised, keep the foreskin retracted.

Put the used towelettes in the trash. Do not put them in the toilet.



Urine Collection Kit Instructions (continued)

- Stand or sit over the toilet.
Hold any skin folds away from your urethral opening.
Urinate a small amount into the toilet.



5. As you collect the urine:

- Continue to hold any skin folds.
- Urinate into the container.
- Fill the container about 3/4 full.

6. After you collect the urine:

- Finish urinating into the toilet.
- Put the lid back on the container. Close tightly.

- Use the parafilm to wrap around the edge where the lid meets the urine container to prevent potential leakage. Both pieces of parafilm will be needed to stretch around the container.
 - Peel the back off the parafilm. Pin the corner of one piece of parafilm down with one thumb, then pinch the parafilm with the thumb and forefinger of your other hand so the tips of your thumbs are touching. Then gently pull and stretch the parafilm against the edge of the lid of the container. Repeat with the other piece of parafilm so the pieces overlap and completely seal the container.

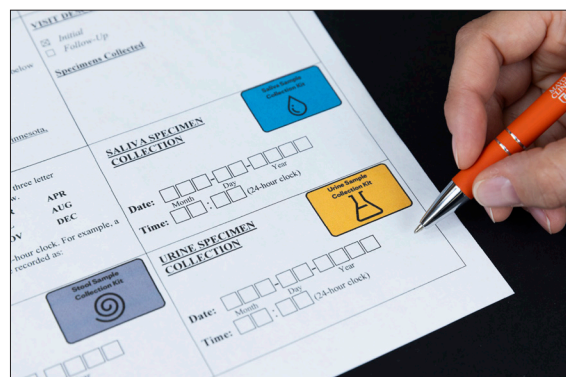


- Place the container into the plastic biohazard sample bag (absorbent sheet stays in the bag) and seal it.



Note: If you cannot collect saliva, stool, and urine samples at the same time, please place the samples you have collected in the refrigerator until other samples are collected and you are ready to ship everything back. Do not store for more than 1 to 2 days.

- Remove gloves and discard in the trash.
- Wash hands thoroughly with soap and water.
- Record the time and date of sample collection on the Biospecimens Accessioning and Processing Requisition Form. There is no need to record any information on the container itself.



- In the Tapestry 2.0 Specimen Instructions Booklet, refer to Return Samples Instructions, steps 12–14, pages 8–10.