

# How to collect your urine for testing:



1. Your health care provider or laboratory staff will provide you with a **STERILE** urine cup to collect the sample.
2. An early morning, first-voided urine is the preferred sample.
3. Wash hands thoroughly prior to collecting the urine sample.
4. Use the wipe provided for cleaning:
  - a. Men: If you have a foreskin, pull the foreskin back. Wipe from the head of the penis where the urine comes out.
  - b. Women: Hold the skin apart from where the urine comes out with one hand. Clean with the wipe from front to back using the other hand. Keep holding the skin apart.
5. Throw away the wipe in the garbage.
6. Start the urine stream into the toilet.
7. Without stopping the urine stream, pass the labeled container to catch the urine.
  - a. Do not touch inside the container or inside of the lid. The container should not come in contact with legs, hair skin, or clothing.
  - b. If the urine sample is contaminated, the test may need to be repeated.
8. Collect urine in the cup. Try to fill half the cup.
9. Finish passing urine into the toilet.
10. Verify that the specimen is clearly labeled with your **full legal name, date of birth, date, and time of collection.**
11. Keep urine refrigerated and take urine to your nearest Sanford Lab within 24 hours.

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