

INSTRUCTIONS

URINE SAMPLE COLLECTION



Please read the instructions carefully **before** collecting your sample.

Check that your kit includes:

- Biohazard bag
- Sample transport tube
- Urine collection box
- Barcode label
- Lab requisition form
- Instruction sheet
- Registration card
- Prepaid shipping label
- Return mailer

Warnings, Precautions and Cautions:

- **DO NOT** use the kit if it has expired.
- **DO NOT** apply the liquid in the transport tube directly to skin, nose or mouth.
- **DO NOT** drink the liquid in the bottle or take internally.
- **DO NOT** wash your genital area.
- **DO NOT** perform collection within 7 days of taking antibiotics.
- **DO NOT** drink alcohol on the day of collection
- **DO NOT** collect sample during menstruation or within 24 hours of intercourse
- **DO NOT** empty liquid preservative from tube
- **DO** use first morning urine, if possible.

First Aid Measures:

IF IN EYES:	Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing. If eye irritation persists, contact a healthcare practitioner for medical advice or attention.
IF ON SKIN:	Wash with plenty of soap and water. If skin irritation occurs, contact a healthcare practitioner for medical advice or attention.
IF SWALLOWED:	Rinse mouth. DO NOT induce vomiting. Contact a POISON CENTER or a doctor if you feel unwell.
IF INHALED:	If breathing is difficult, move to fresh air and keep at rest in a position comfortable for breathing. If experiencing respiratory symptoms, contact a POISON CENTER or a doctor.

Reagent Composition and Information on Ingredients:

Chemical name:	Concentration:
HEPES (7365-45-9)	1 - 5%
Ammonium Sulfate (7783-20-2)	1 - 5%

Store unused kit in a dry place at room temperature (15°C to 30°C or 59°F to 86°F) prior to use.

Directions:

1. Register your kit at www.mylabbox.com/register
2. Fill out the laboratory requisition form.
3. Wash your hands.
4. Locate the urine collection box. Squeeze the box to pop it open.
5. Urinate directly into the collection box.
6. Collect approximately 20mL to 30mL (6 teaspoons). **DO NOT** fill the entire cup.
7. Locate the sample transport tube. Write your name, date of birth and date of collection in the MM/DD/YYYY format on the tube's label.
8. Remove the cap from the transport tube. **DO NOT** pour out liquid already in the tube.
9. Use one of the corners of the urine collection box as a spout and slowly pour the urine into the tube. Fill until volume is between the two fill lines.
10. Re-cap the tube and make sure it is sealed well.
11. Place the tube in the biohazard bag. **DO NOT** remove the absorbent pad in the bag. Seal the bag.
12. Place the bag and completed lab requisition form into the box and ship using the postage-paid envelope provided. You can leave the envelope in your mailbox or at any USPS pickup location.

