

## SPECIMEN COLLECTION AND HANDLING INSTRUCTIONS FOR THE PATIENT

Before you collect the specimen, ensure your collection bag includes all the following: (1) Urine collection cup with built in transfer device, (2) Grey top specimen tube, (3) Biohazard bag with absorbent pad, (4) Small specimen tube identification label, (5) Patient Wellness Form or Test Request Form, and padded shipping envelope that contains FedEx mailing label

Collection instructions: (see pictures below if needed for additional clarification)

- **Collect a first morning urine sample (a concentrated urine sample will provide a more accurate result). This should be a mid-stream sample (i.e. allow a few drops of urine to release into the toilet before you begin urination into the collection cup).**
  - Try to collect at least two inches of urine up the side of the cup – this will ensure that the grey top specimen tube fills correctly.
- Tighten the yellow lid on the collection cup.
- Peel off the white paper covering the lid of the collection cup. You will see a hole with a needle in the center.
- Grasp the grey top specimen tube and insert into the hole with the grey rubber stopper pointing down into the hole.
- **IMPORTANT STEP:** PUSH THE RUBBER STOPPER GENTLY BUT FIRMLY ON TO THE NEEDLE IN THE HOLE AND KEEP HOLDING IT DOWN WHILE YOU SLOWLY COUNT TO 7. You should see urine flowing into the tube, and after a count of 7 the tube should be one-half to two-thirds full. If this is not the case, see *alternate note* below.
- Remove the tube from the collection cup, invert the tube 3 times to mix.
- Fill out the small identification label with patient name, Date of birth, Date & Time of collection, and M or F. Place the label on the grey top specimen tube vertically so that all information is readable.
- Wrap the tube in the small absorbent pad provided and put tube back into the biohazard bag that all of your materials originally came in.
- Ensure that your Patient Wellness form or Test Request form is filled in completely, fold it in half and place in outer pouch on the back side of the biohazard bag.
- Discard excess urine and specimen cup appropriately.
- Ensure the FedEx Airbill addressed to Inflammatory Markers Laboratory is affixed to the padded shipping envelope, (see Fedex instructions on separate page), place biohazard bag containing specimen in the shipping envelope and ship same day as collected.

**Alternate Note** - If grey top tube does not fill, take off rubber top and carefully pour urine specimen directly into tube (filling tube two-thirds full). Reattach the grey rubber stopper; be sure that it is firmly attached to tube.

