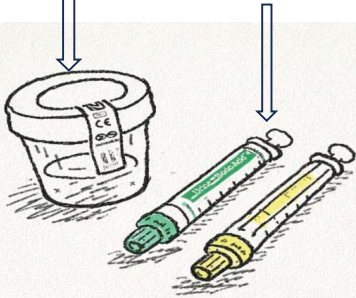


New Urine Sample Collection Help Sheet

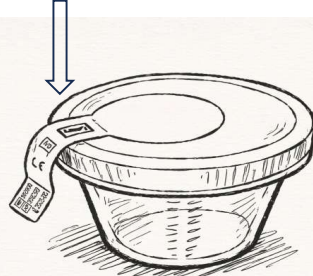
You will need

A pot and the right coloured tube



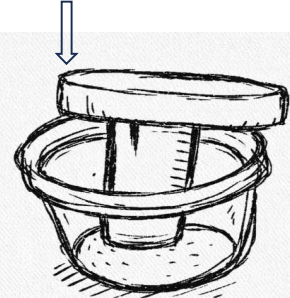
Step 1

Take the label off the pot



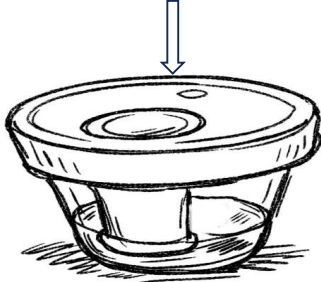
Step 2

Unscrew the lid of the pot



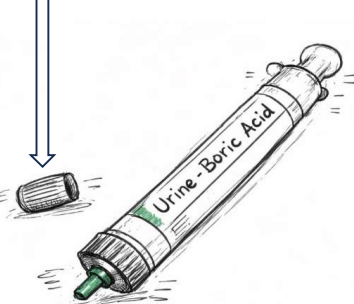
Step 3

Pass urine into the pot (at least 20ml) and screw the lid back on



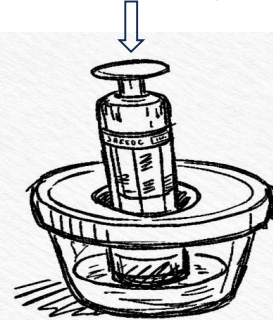
Step 4

Take off the cap from the tube and keep it for later



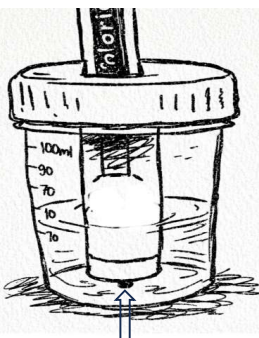
Step 5

Put the tube in the pot



Step 6

Make sure it clicks into place and you can see the bottom of the tube



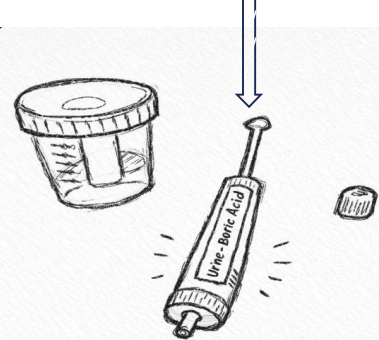
Step 7

Pull up the plunger as far as it will go so that the tube is full



Step 8

Take the tube out of the pot



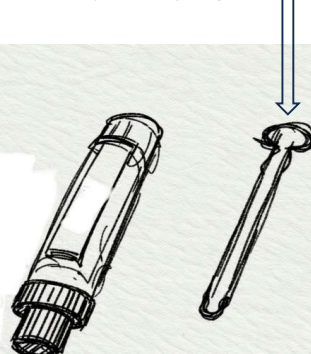
Step 9

Put the cap back on the tube



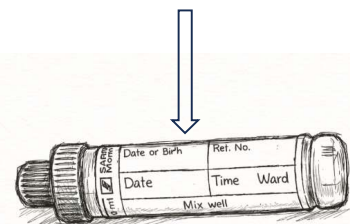
Step 10

Snap off the plunger



Step 11

Rotate the tube 5 times and make sure it is fully labelled with your details



Now throw any urine left in the pot down the toilet and throw the pot and plunger in the bin -
Then give the tube to your Health Care Professional

A Youtube video is also available at : https://youtu.be/Arul8gjNvp8?si=6tVVByH5s9341e_n