

# How to self-collect a urine sample

Read the collection instructions. If you have any questions about how to collect the sample, please ask your healthcare provider.

Please follow these steps to assure reliable results and reduce the need for retesting.

## Preparing for sample collection:

- Wash hands prior to collection.

## Collecting male urine



**1. PREPARE:** Position the urine cup to collect the beginning of the urine stream.

**Note:** Patient should not urinate 1 hour prior to sampling.



**2. COLLECT URINE:** Begin urinating. Collect the first 10-50 mL of urine.

**Note:** It may be helpful to mark the volume required on the cup.



**3. SECURE CONTAINER:** Close the lid of the urine cup securely, label and date.