

How to collect your urine for testing:



1. Wash your hands with soap and water.



2. 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.



3. Throw away the wipe in the garbage.



4. Start the urine stream into the toilet.

5. Use the **labeled** container to catch the urine.
 a. Do not touch inside the container or the inside of the lid.



6. Collect urine in the cup. Try to fill half the cup.

7. Finish passing urine into the toilet.



8. Take urine to your nearest Sanford Lab within 2 hours.