


GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.


Tips to ensure a proper collection:

- Collect a first-morning void specimen, meaning the first urination collected after a 6-8 hour period of time.
- Collect a mid-stream urine catch, filling 3/4 of the collection cup.
- Specimens should ideally be shipped the same day they are collected, or no later than next business day.
- If not sending same day, specimen should be stored in a refrigerator until ready to be transported. **DO NOT FREEZE.**


STEP 1:

PREP		<ol style="list-style-type: none">1. Register online if you have not already done so. https://4uhealth.com/register2. Lay out all the contents of your kit.3. Label the specimen bag with the patient's name, date of birth, collection date and collection time. (unlabeled specimen bags will not be processed) <p>IMPORTANT: Ensure the name and date of birth entered on the online registration form match EXACTLY with the information on the collection bag!</p>
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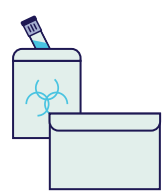
STEP 2:

COLLECT		<ol style="list-style-type: none">1. Perform a midstream urine collection: begin urinating into the toilet, briefly stop, then resume urinating and collect the specimen, filling the cup approximately 3/4 full.2. Empty the remaining volume of the bladder into the toilet.
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STEP 3:

TRANSFER		<ol style="list-style-type: none">1. Use the pipet provided to transfer urine from the cup into the transport tube.<ul style="list-style-type: none">• Unscrew the cap on the transport tube.• Squeeze the top bubble of the pipet to remove all the air.• Place the pipet into the collected urine cup and release the pressure on the top of the pipet. This will draw urine into the pipet.• Move the full pipet into the transfer tube and squeeze the top to release the urine into the tube.2. Repeat step 2 as needed until you fill the collection tube to the line marking 7 ml.3. Place the cap back onto the transfer tube and twist it to seal the sample tightly.
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STEP 4:

RETURN		<ol style="list-style-type: none">1. Place the tightly sealed urine transport tube into the biohazard bag with the absorbent pad, then seal the bag.2. Place biohazard bag back into the 4U Health shipping box. Cold pack not required.3. Close and insert box into the shipping bag, seal bag, then label bag with return shipping label.4. If your shipping label says USPS, place in your mailbox or drop at your local post office. If you purchased expedited FedEx return, take it to the nearest FedEx drop box.
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