

Your kit contains:



1 protective vacuum-sealed bag



1 urine collection beaker and 1 transfer pipette



1 urine sample tube and 1 protective carrying vacuum-sealed sleeve



1 sample submission form



1 return envelope

Please note:

- ❗ The sample requires your mid-stream urine first thing in the morning. Place the probe in your mid-stream urine. Ensure you do so when your urine is running and not right at the start of urination.
- ❗ **Note – for women:** Don't take a urine sample during your period.
- ❗ Ensure you take the sample on a Monday morning and send it straight back.
- ❗ Samples that have been taken incorrectly can't be analysed. If we need to send you a new test kit, we'll have to ask you to pay again plus postage costs.
- ❗ If the temperature is under 5°C or over 30°C, please don't post the sample in a post box, but hand it straight over to the post office.



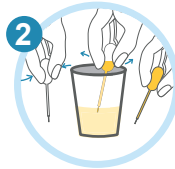
The evening before you take the sample: Please avoid drinking large quantities of fluid (more than 1 litre).

You should leave at least 8 hours between you last meal and fluid intake before taking the sample.

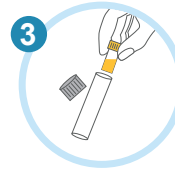
If you're taking an iodine test, please avoid iodine supplements or food with unusually high quantities of iodine. This is to ensure the test doesn't give a false reading.



- ➔ Collect your mid-stream urine in the sample collection beaker when you first pass urine in the morning (see the notes above).



- ➔ Using the transfer pipette, fill the small urine sample tube. Then, close the tube tightly to avoid any leakage and fill in the label.



- ➔ Place the labelled urine tube in the larger carrying sleeve without removing the vacuum seal it comes with.



- ➔ Place the tube in the transparent vacuum-sealed protective bag and close it securely.



- ➔ Complete the accompanying sample form in full. Make sure you sign it!



- ➔ Place the bag with the sample form in the grey return envelope and send it back to our laboratory.