Urine Sample Collection Instructions

You are receiving this package because your child is due for a urine collection. Please collect the urine sample from your child and return it to us (with the completed form) as soon as possible. Check with your study coordinator about what day to collect the urine specimen. Timing of collection is very important so that samples are not stored more than 2 days in personal freezers prior to reaching the study site.

NOTE: If you also received blood, stool and/or saliva collection materials, please make the appropriate arrangements to collect all samples as close together as possible (same day is preferred). Also keep in mind that blood must be shipped on the same day that it is draw.

SUPPLIES
Enclosed you will find:
- Pre-Labeled Urine Collection Cup
- Zip-Lock Specimen Bag
- 9 Cotton Balls [if applicable]
- Gloves
- Styrofoam Sample Shipment Box
- Freezer Pack
- Return Shipment Mailing Materials [if applicable]
- Urine Collection Form (complete and return with sample)

*Use the provided collection devices to avoid contamination of the specimen.

STEPS

NOTE: Siblings and parents will only be donating a urine sample once.
Female participants should not collect urine during a menstrual period.

For adults and potty-trained children (preferred method):
1. Create a workspace on your bathroom counter with paper towels to catch any urine spills. Put on gloves provided in kit.
2. Collect the participant’s first morning urination (preferably) into the large urine collection cup. Pee a little bit first and then collect midstream.
3. Place the collection cup into the zip-lock specimen bag and seal.
4. Place in the freezer within 15 minutes of collection, standing upright in the bag. Place the freezer pack separately in the freezer (away from the urine, so the urine freezes quickly). Store in the freezer until the time of shipment or the time of your study appointment.
5. Complete the Urine Collection Form.

For children who are not potty-trained (please use only if unable to catch urine in the specimen cup):
1. Place 9 cotton balls in the diaper, in a 3-by-3 arrangement such that the base of the diaper is covered. Then fasten the diaper like normal.
2. Once urination has occurred, identify the urine-soaked cotton balls. Ensure that no stool has come into contact with the cotton balls. If contact with stool has occurred, repeat with fresh, new cotton balls.
3. Using gloves, transfer the urine-soaked cotton balls into the urine collection cup (or squeeze urine into cup).
4. Follow steps 3-5 above.

SHIPPING
Place the zip-lock specimen bag with the urine collection cup in the insulated Styrofoam box, with the freezer pack. Bring/mail to your study site, making sure it stays frozen during transport.

*Urine must be completely frozen before transporting it. Bring/mail to study site within 2 days of collection.

QUESTIONS
It is easiest to get in touch with us via email at MGHGEMMA@mgh.harvard.edu. If you have an immediate question, you may also reach Sammy by phone at (617) 643-6918.