

# Instructions for urine specimen self-collection, packing and shipping

Collect specimen, pack and ship on the same day

**Step A** Review these instructions in full, unpack box and separate items.

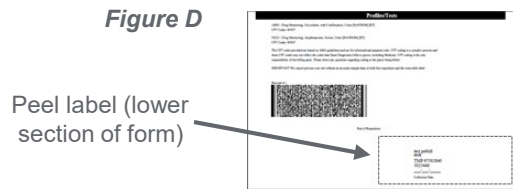
**Step B** Void into the provided urine specimen collection container (transport vial). Fill to line, close container and ensure properly sealed (when you hear double click). *Figure B*



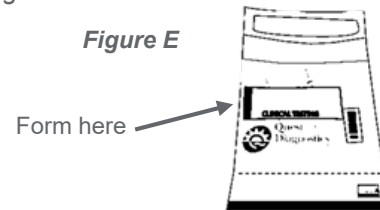
**Step C** Enter collection date information onto the provided requisition form. *Figure C*



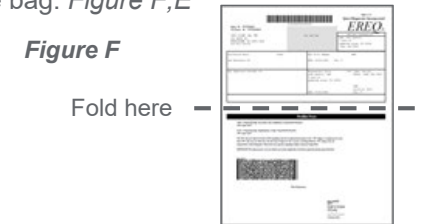
**Step D** Peel label (detachable lower section of requisition form) and affix to specimen collection container, around center or body of the container. *Figure D, B*



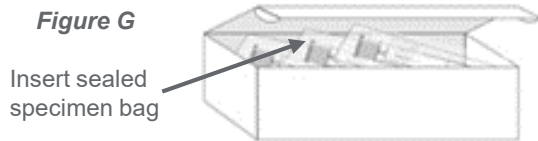
**Step E** Place the specimen collection container inside the provided specimen bag, in the main section of the bag. *Figure E*



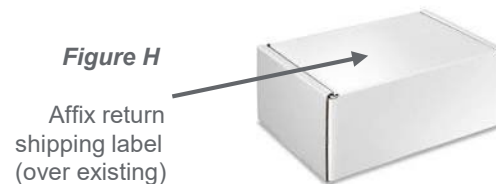
**Step F** Fold completed requisition form in half and place inside the specimen bag, in the smaller, pouch section of the bag. *Figure F, E*



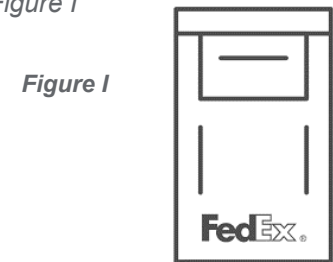
**Step G** Firmly close the adhesive on the specimen bag and insert into the provided shipping box. *Figure G*



**Step H** Close shipping box with provided seal and affix provided "Return" shipping label to sealed shipping box (over existing label). *Figure H*



**Step I** Place labeled shipping box into a convenient FedEx drop box or drop off at a convenient FedEx collection site. *Figure I*



—For questions about this urine self-collection package, please contact your healthcare provider—