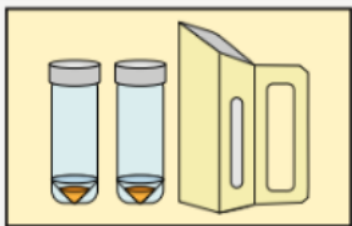
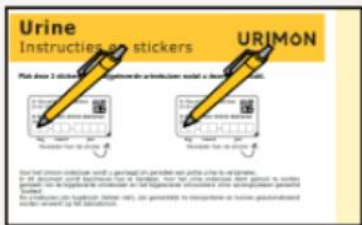
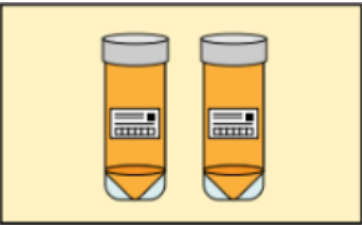


Instructions for collecting a urine sample

For the Urimon test, you will be asked to collect a urine sample periodically. This document describes how to do this. The urine tubes provided must be used for the urine test. These tubes are hygienic (do not leak), are easy to transport, and can be processed automatically in the laboratory.

Requirements:	
	Two urine tubes with preservative (the orange substance at the bottom of the tubes) to keep the urine fresh for longer. Do not wash out this orange substance. If you come into contact with the substance, wash your hands. You need the Ucollect collection system to collect the urine and distribute it into the urine tubes.
	Points to note: 1. Do not open the tubes before use. 2. You cannot collect urine during your period. 3. Make sure you screw the caps tightly onto the tubes. Please note: Do not stop, but continue turning if you feel resistance, until you can turn no further. 4. Collect your morning urine on the day you send the return envelope to us. Morning urine is urine that has been in the bladder for at least 3 hours and that you urinate when you first go to the toilet after getting up. 5. Keep the tubes out of reach of children and pets.

Methodology:	
1.	Remove the Ucollect collection system and the two urine tubes from the three-step envelope under step 2 of the three-step envelope. 
2.	Pee the first bit in the toilet, then fill the Ucollect collection system. Not completely full? No problem. 

3.	Pour the urine from the Ucollect collection system up to the line below the screw thread. Place the cap on the tube, screw it on tightly, and check that the cap is secure. 
4.	Turn the urine tubes upside down 5 times so that the urine mixes with the orange substance. 
5.	Write the date of urine collection on both stickers. The stickers can be found at the top of this instruction form. 
6.	Place one urine sticker on each tube so that there is one sticker on both tubes. 
7.	Gently press on the sides of the bag called SafetyBag. Then place both urine tubes in the bag with the cap facing upwards. Close the SafetyBag with the closure strip. 

8.	Place the SafetyBag with the two filled urine bags in the gray return envelope provided from the 3-step envelope. 
9.	Place the gray return envelope in a PostNL mailbox near you. In the Urimon app, you can see when we will send you a new envelope with urine tubes. 