

Female Collection Instructions

Thank you for participating in this clinical research study. This contains important instructions and reminders for collecting your urine. It is important to follow these instructions. If you have any questions, please do not hesitate to contact your study doctor. Before you leave the site, you will be provided with the supplies below:

- Hopkins medical biobag (cooler for transporting sample)
- Commode collection container
- 4-ounce polypropylene urine cup
- Sterile cleansing towelette

How to Collect Your Urine

Collect your urine as soon as you wake up. If you wake up multiple times throughout the night, collect your urine after your longest period of sleep. Place the collection container near the toilet before going to bed the night before so it is available when you are ready to collect a sample of your first morning urine.

1. Start with the new commode collection container.
2. Lift both the lid and the seat of your toilet. Slide the commode collection container to the front of the bowl. Lower the toilet seat to keep the commode collection container in place.
3. Wash hands for at least 20 seconds using warm water and plenty of soap. Dry hands.
4. Remove the sterile cleansing towelette from the packet. Using the cleansing towelette, wipe the urethral area once from the front to back. Discard the towelette into the trash receptacle.
5. Urinate in the commode collection container. Try your best not to get anything except urine into the container. This includes toilet paper, menstrual products (such as pads and tampons), or feces. You may wish to place a small trash can next to the toilet to collect toilet paper.
6. Remove the commode collection container from the toilet and place on a flat surface next to sink, taking care not to spill any urine.
7. Finish normal bathroom activities.
8. Transfer 3–4 ounces of urine from the commode collection container to the urine cup. Close the cap on the urine cup tightly.
9. Wash hands for 20 seconds using warm water and plenty of soap. Dry hands.
10. Store urine cup at room temperature in the Hopkins medical biobag cooler and return to the study doctor's office.

Thank you for your participation.



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- Hopkins medical biobag (cooler for transporting sample)
- 4-ounce polypropylene urine cup
- Castile soap towelette

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Collect your urine as soon as you wake up. If you wake up multiple times throughout the night, collect your urine after your longest period of sleep. Place the collection container near the toilet before going to bed the night before so it is available when you are ready to collect a sample of your first morning urine.

1. Before beginning the urine collection procedure, wash your hands with soap and water.
2. (Note: If you are uncircumcised, pull back the foreskin before proceeding with this step) Remove the sterile cleansing towelette from the packet. Using the cleansing towelette, wipe the tip of your penis once.
3. Discard the used towelette into the trash receptacle.
4. Briefly urinate into the toilet. Then, using the collection container provided, continue urinating into the cup until it is nearly full, without touching the inside of the container. Once you have filled the container, you may finish urinating into the toilet.
5. Close the cap on the urine cup tightly.
6. Wash hands for 20 seconds using warm water and plenty of soap. Dry hands.
7. Store urine cup at room temperature in the provided cooler and return to your study doctor's office.

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