



SAMPLING METHODS

MORNING URINE

IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLE TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

EQUIPMENT

To perform this sampling, you'll need:

- 1 clean collection container (not provided).
- 1 jar with white cap (provided).

BEFORE TAKING YOUR SAMPLE: Please ask your doctor to find out whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.



STEP 1



Write on the label of the provided cup: your name, first name and date of birth.

STEP 2



Wash your hands thoroughly.

STEP 3



Collect your morning's first urine in the clean container you prepared.

STEP 4



Open the provided cup and transfer the collected urine to fill it.

STEP 5



Close the cup tightly and place it in the provided bag.