

# New Urine Sample Collection Help Sheet

## You will need

A pot and the right coloured tube



## Step 1

Take the label off the pot



## Step 2

Unscrew the lid of the pot



## Step 3

Pass urine into the pot (at least 20ml) and screw the lid back on



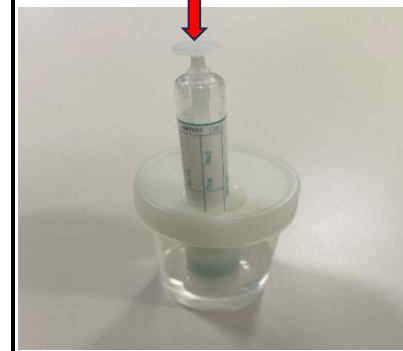
## Step 4

Take off the cap from the tube and keep it for later



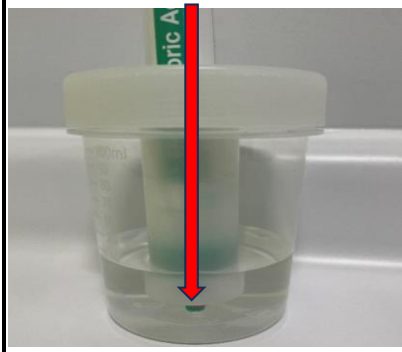
## Step 5

Put the tube in the pot



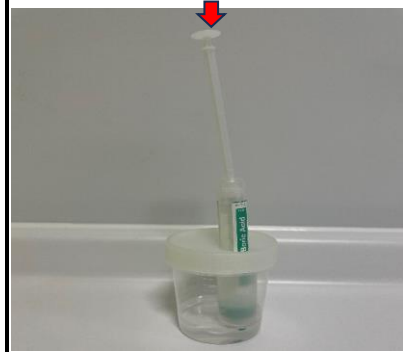
## Step 6

Make sure it clicks into place and you can see the bottom of the tube



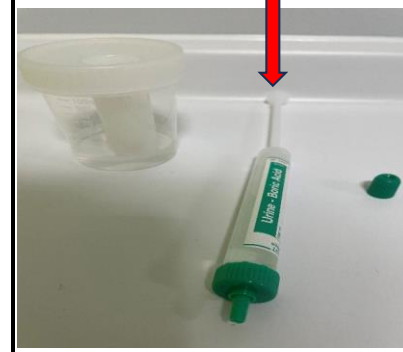
## Step 7

Pull up the plunger as far as it will go so that the tube is full



## Step 8

Take the tube out of the pot



## Step 9

Put the cap back on the tube



## Step 10

Snap off the plunger



## Step 11

Rotate the tube 5 times and make sure it is fully labelled with your details



**Now throw any urine left in the pot down the toilet and throw the pot and plunger in the bin -  
Then give the tube to your Health Care Professional**