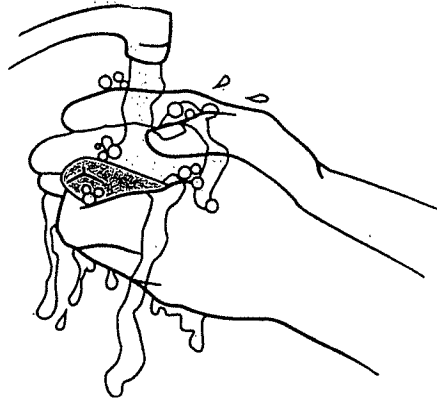


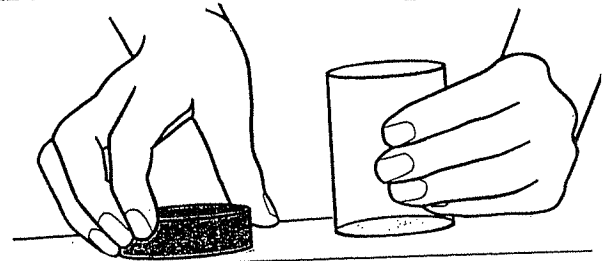
# CLEAN URINE SAMPLE

The following steps will make sure that you obtain an accurate test:

- 1** Wash your hands with soap and water.

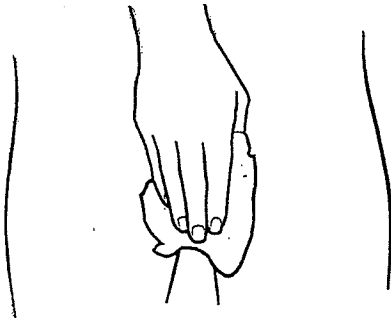


- 2** Remove the lid from the cup. Place it face-up on the counter. Do not touch the inside of the cup or lid.

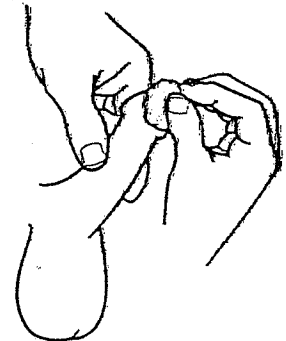


- 3** Wash your genitals using the towelettes or soap and water.

Women: Wipe between folds of your genitals from front to back.



Men: Wipe the head of your penis and the opening. (Uncircumcised men pull foreskin back.)



- 4** Start to urinate into the toilet. Then, during the mid-stream, move the cup into the stream to catch some urine. This will ensure that there are no bacteria in the urine sample.

- 5** Pull the cup away before you finish urinating, when the cup is about half full. Do not overfill the cup. Put the lid tightly on the cup and return it as directed.

