

Contact us:

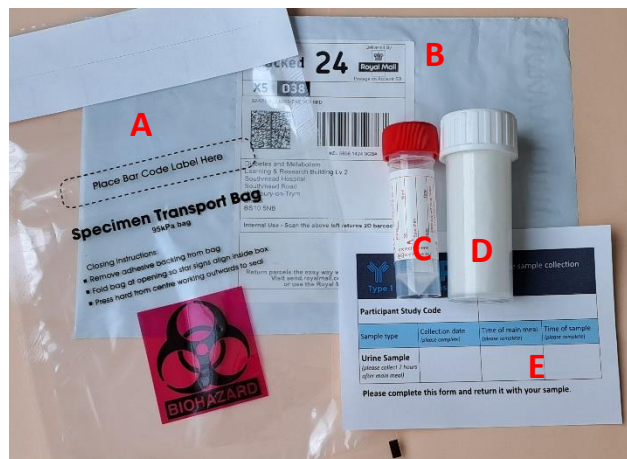
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Urine collection instructions

Kit Contents:

- A. Specimen transport bag
- B. Free post return envelope
- C. 1 x Urine collection pot (This pot contains some white powder for sample preservation – Please **do not** tip out)
- D. Leakproof return tube
- E. Sample return form



We require a urine sample taken **2 hours after** your main meal.

Please empty your bladder just before your main meal of the day. Read on for what to do next.

Collecting your sample:

1 Eat your meal as usual with a glass or more of water.

2 Do not eat or drink anything else for the next 2 hours.

3 2 hours after this meal, please go to the toilet and pass some urine into the red-topped container provided. Screw the lid on tightly.




← Maximum Fill line.

4 Please note: If you do need to pass urine before the 2 hours is up, collect that urine, together with any subsequent urine passed over the 2-hour period, in a large clean container. Mix, and then pour some of the mixed urine into the red-topped container provided.

Returning your sample:

5 Write the **date**, the **time of your main meal** and the **time the sample was taken** on the sample return form enclosed and return it with the sample. If your sample is mixed, please note both times on the form.

 Urine sample collection form Type 1 Diabetes Risk in Adults			
Participant Study Code			
Sample type	Collection date <i>(please complete)</i>	Time of main meal <i>(please complete)</i>	Time of sample <i>(please complete)</i>
Urine Sample <i>(please collect 2 hours after main meal)</i>			

Please complete this form and return it with your sample.

6



Put the filled red-topped urine container inside the leakproof return tube making sure the lid is tightly screwed shut. Place this tube in the specimen transport bag.



7

Place this into the prepaid sample return envelope along with the completed sample return form.



If possible, post your sample/s on the **same** day as collection. If the sample was taken after your evening meal, please keep it in the fridge or a cool place overnight and post the next morning.

N.B. Other samples collected at the same time can be returned in the same packaging.

Thank you very much for your help with the T1DRA study.

