

## How to collect a 'First Catch' urine sample For Men

A 'first catch' urine sample is a way of collecting the first part of your urine stream.

### Important

- **Before you collect the sample**, read all of these instructions.
- If you have recently urinated (gone pee), wait at least one (1) hour before collecting this urine sample.

**Follow each step to make sure you collect your sample correctly.**

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### What you need

- Sample container we give you  
(Do not open it until you are ready to use it)



### To collect a sample

1. Write your full name and date of birth on the sample container, if not already labelled.
2. Wash your hands with soap and water.
3. Dry your hands well with a towel.
4. Open the sample container.
5. Carefully set the lid down with the inside facing up.
6. Pull back your foreskin, if you have one.
7. With one hand, hold your penis.
8. With the other hand, hold the open container below your penis.
9. Start peeing into the container.
10. Fill the container  $\frac{1}{2}$  to  $\frac{3}{4}$  full. Finish peeing into the toilet.
11. When finished, screw the lid on tightly.
12. Wipe the container if needed.
13. Wash your hands.
14. Bring the sample to the laboratory as soon as possible.  
For best results, deliver the sample within 30 minutes of collecting it.

**Do not to touch the inside of the container or the lid at any time.**

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Can't get to the laboratory within 30 minutes?  
Keep the sample in fridge. Bring it in as soon as possible.

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