

Maternal Urine Sample Instruction Sheet

Thank you for your participation in collecting a urine sample for the ORIGINS Project. Urine is a valuable sample as it can be used to measure the products of metabolism including the level of healthy metabolic products of friendly bacteria in our gut which are excreted in the urine.

STEPS FOR FIRST MORNING MID STREAM URINE SAMPLE COLLECTION

1. Your mid-stream urine sample is to be collected during your **first morning urination**
(Note: the earliest collection time point is 4am)
2. Check your urine sample kit contains:
 - 1 x Sterile yellow topped urine specimen jar
 - 1 x dry wipe
 - 1 x Western Diagnostic Request form (previously filled in by ORIGINS staff)
3. On the label of the yellow topped specimen jar, write the date of sample collection.
4. Wash hands thoroughly with warm soapy water and dry off excess water.
5. Where possible, wet the dry wipe provided and use it to clean the urethral area prior to the specimen collection. If the area is cleaned, ensure to thoroughly wash hands again before collecting urine sample.
6. Open specimen jar and keep within reaching distance. To prevent contamination of the specimen try not to touch the inner surface of the container or the lid.
7. Begin passing the initial stream of urine into the toilet.
8. Without interrupting the flow of urine, collect some urine into the sterile jar provided.
9. **Please attempt to fill approximately half the jar with urine.**
10. Place lid on the urine sample jar and seal tightly to prevent leakage. Place jar in the biohazard bag provided.
11. Fill in the date and time of the sample collection on the biological request form included in the sample kit and place in the outside pocket of the biohazard bag.
12. Take sample with you to your next ORIGINS appointment. If you do not have an ORIGINS appointment on the day that you take your sample, take it to your most convenient Western Diagnostic Centre for processing **before 10am.**

(Note: ORIGINS-associated Western Diagnostic locations are listed on the back of your biological request form.)