

## Infant Urine Collection Instruction Sheet (Up to 2 Years of Age/Nappy Collection)

Thank you for collecting a urine sample from your baby 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. The purpose of this information sheet is to provide instructions that limit the chance of contamination of the urine sample during the preparation period and throughout sample collection.

### IMPORTANT NOTES FOR SAMPLE COLLECTION

You may collect your infant's urine by 2 methods.

**Method 1: Clean Catch Method (*preferred*)**

OR

**Method 2: Cotton Pad Method (*alternate*)**

- Your baby's urine sample will need to be taken to a Western Diagnostic Centre **before 10am** on the morning it is collected. For this reason it is recommended that preparation for urine collection occurs during the first nappy change after waking in the morning.
- Ensure the sample is kept cold when transporting the urine to a Western Diagnostic Centre. Placing the sample in a cooler bag with ice blocks or an ice pack will sufficiently keep the sample cold.
- A maximum of 15ml of urine is required for the sample collection, less is acceptable.

### METHOD 1: CLEAN CATCH

1. Check that the urine sample kit contains:
  - 1 x Yellow-topped specimen jar
  - 1 x Biological request form (partially filled in by ORIGINS staff)
  - 1 x Pair of clean gloves
2. Try to collect sample when your baby's nappy is dry indicating they may be ready to pass urine.
3. Wash hands thoroughly, put on gloves and remove contents of the urine sample kit.
4. Open the specimen jar carefully ensuring that the inside and rim of the jar are not touched
5. Remove baby's nappy. When your baby starts to pass urine, collect as much urine as possible into the jar.
6. Screw lid on sterile jar tightly and write date of collection on the label.
7. Place collected sample in the biohazard specimen bag.
8. Fill in the date and time of the sample collection on the biological request form included in the sample kit, and place the form in the front pocket of the biohazard bag.
9. Place the sample into a cooler bag that contains ice blocks or an ice pack.
10. Take the sample (as soon as is convenient and possible) to your nearest or the most convenient Western Diagnostic Centre **prior to 10am** for processing.

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

## METHOD 2: COTTON PAD

1. Check that the urine sample kit contains:
  - 1 x Tegaderm transparent dressing
  - 1 x Yellow-topped specimen jar
  - 1 x pack of sterile cotton wool balls
  - 1 x Biological request form (partially filled in by ORIGINS staff)
  - 1 x Pair of clean gloves
2. Wash hands thoroughly and remove contents of the urine sample kit.
3. Collect one of your baby's clean nappies.
4. Remove the paper backing from the Tegaderm piece to expose the adhesive side. A paper frame will remain around the edges of the Tegaderm
5. Place the Tegaderm dressing (sticky side down) to the bottom of a clean nappy, ensuring it is placed in the middle of the wetting area.
6. Remove the paper frame that surrounds the Tegaderm by gentling peeling one end following it around the dressing.
7. Place the cotton wool balls on top of the Tegaderm dressing. Place nappy on your baby.
8. When your baby has wet their nappy collect the sterile specimen jar.
9. Remove your baby's nappy and carefully place to one side.
10. Put clean gloves on and remove the lid of the specimen jar.
11. Transfer the wet cotton wool balls into the specimen jar and put the lid on, ensuring it is sealed tightly.
12. Discard nappy.
13. Write the date of collection onto the label of the specimen jar.
14. Place collected sample in the biohazard specimen bag.
15. Fill in the date and time of the sample collection on the biological request form included in the sample kit, and place the form in the front pocket of the biohazard bag.
16. Place the sample into a cooler bag that contains ice blocks or an ice pack.
17. Take the sample (as soon as is convenient and possible) to your nearest or the most convenient Western Diagnostic Centre **prior to 10am** for processing.

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

