

Anth 126 Urine Sample Collection  
Review both protocol pages before collection.

**Time of collection:**

Collect your 2 samples within the same 24 hours.  
Your AM sample should be your **first void** on waking.  
Your PM sample should be your **last void** before bed.

**General collection procedure:** These tubes are smaller than many standard human urine collection tubes – they work but they require some aim.

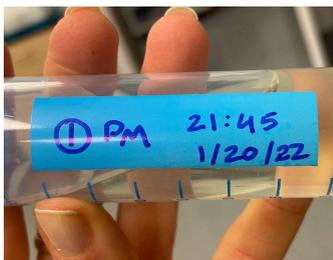
- Begin a brief stream of urine into the toilet, then stop.
- Continue to urinate into the collection tube held about 1-3 inches from the urethra opening. Fill the tube up about half way and then stop.
- Continue to urinate any remainder into the toilet.
- Screw the lid onto the tube tightly. Wash the sides and your hands and then dry off.
- Write the **date (YYYY-MM-DD) and time (24 hr HH:MM)** of sample collection on the tube (example below) with a permanent marker.
- Store filled tube(s) in a plastic bag in the refrigerator. Keep them cold! You can place “Do not touch/disturb” labels on the bag if you have housemates, etc.).
- **NOTE** - Your tubes are already labeled with the sample ID and whether it is your AM or PM sample. This label **DOES NOT** indicate what time you should collect your sample (e.g. 1 PM is ID 1's PM sample, collected at any time). Samples are anonymous, so remember your ID number as you'll be the only one to ID your results.

Extra tubes: Your bag has an additional tube if one drops, leaks, or somehow becomes contaminated. If you don't use them, just return them with your samples.



Important note: The circled number is your de-identified sample number, NOT your assigned time of collection.

**Write the date and time of sample collection** on each tube using 24 hr clock time (example below)



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**Transportation to class:**

If possible, bring your samples directly from the refrigerator to class. If that's not possible, then try to keep them in a cool place for the hours leading up to class. Everyone will drop their samples off with me. No one will know whose samples are whose... rest assured, your pee is anonymous.

