



Urine Collection Instructions

Please read the following information and instructions in their entirety prior to beginning the urine collection process as there are several preparational tips and tricks mentioned throughout these instructions to assist you. Please also be mindful that your pet's urine sample is kept viable for up to five (5) days when refrigerated after collection. **DO NOT FREEZE.** The collection timing should be considered if there are upcoming weekends, holidays, a scheduled appointment or submission deadline.

If you need to collect your pet's urine sample in preparation for their upcoming appointment, please begin trying to obtain a urine sample from your pet five (5) days prior to the scheduled appointment time. Beginning the collection process as soon as you can will ensure you have maximum opportunities to obtain your pet's urine sample. If you're not able to collect a urine sample, please keep your pet from urinating (block access to litter boxes, abstain from walks, etc) for 4-6 hours prior to the appointment time so we can *try* to obtain a urine sample while we're there for the appointment. Please note, if we are unable to obtain a urine sample at the appointment, we will need to return at a future date to pick-up a urine sample that you've collected. Additional pick-up fees will apply.

Required Supplies

- Urine sample
- Refrigerator
- Storage container with lid
 - New or used glass container with lid OR
 - New plastic container with lid

Optional Supplies

- [Kit4Cat Hydrophobic Litter](#)
- Long stainless steel kitchen ladle
- Urine collection device
- Test tube
- Syringe
- Ziploc bag and/or cling wrap
- Rubber gloves
- Cooler/cooler bag with ice packs
- Secure location outside of home if unable to be home for pick-up

1. Before you begin the process of collecting your pet's urine sample, you'll need to prepare the collection area and supplies.
 - For the collection and storage container, we recommend using a glass jar with a metal lid that has been thoroughly cleaned with dish soap and hot water or on your dishwasher's sanitizing cycle, and allowed to thoroughly dry. Thoroughly cleaning and drying prior to use will ensure your pet's urine sample is not contaminated. Since glass is nonporous you can use a glass jar or other glass container that you already have at home. If you do not have a glass container at

home, we recommend purchasing a new plastic or glass container with lid (ie. Tupperware, Ziploc, etc). Since plastic is porous, it is important that the plastic container has not been used for storing anything else previously. Please thoroughly wash and dry any new container as well. When storing the urine sample and container in the refrigerator, please cover it with a lid, cling wrap or place in a Ziploc bag.

- There are several urine collection devices available for purchase online that can assist you. We recommend searching for “pet urine collection device” online or on Amazon. However, many of our clients have had success collecting urine samples with inexpensive long stainless steel kitchen ladles. Please wash them with hot water and dish soap or with your dishwasher’s sanitizing cycle, and allow them to thoroughly dry prior to collecting urine.
- For cats, we recommend thoroughly cleaning their litter box (washing the box and filling with new litter), not just scooping. Please remove any litter box lids or cover, so you’re not struggling with the lid when you collect the urine sample. Cleaning and removing the lid of the litter box will not only make it easier and cleaner for you to collect the sample, but also make the litter box more enticing for your cat to use. You can also purchase [Kit4Cat Hydrophobic Litter](#) to assist you in collecting the urine sample. If you are using [Kit4Cat Hydrophobic Litter](#) to assist you in collecting your pet’s urine sample, please follow the directions provided with the litter. It should also come with a collection container that you can use as well.
- For dogs, you’ll want to look for areas to walk them where the ground is level and free of debris. If you know your dog has certain places they like to use more than others, you’ll want to make sure those areas are free of debris before walking your dog.

2. To capture a urine sample you may want to wear rubber gloves. For cats and dogs with low postures during urination, it is best to use a small to medium new, clean and dry Tupperware lid, jar lid, or other collection device mentioned above. When you notice your pet begin to crouch down to urinate, slide the lid underneath their rear end. For male dogs that crouch to urinate, you may need to position the lid further towards the middle of their abdomen. The urine will pool in the groove between the center of the lid and the rim. For dogs that lift their legs or pets that have higher postures, it is much easier to collect a urine sample by hand in a deep, clean glass container. We definitely recommend wearing gloves when collecting a sample by this method.

An ideal urine sample is at least 2 - 3 milliliters ($\frac{1}{4}$ - $\frac{1}{2}$ teaspoon) or more. Please contact us for further instructions if your sample is smaller.

3. If we have provided a collect kit (syringe, test tube, etc) in advance, the urine sample will need to be placed in a test tube once you have successfully collected the urine sample. With the provided syringe, draw up the urine into the syringe, remove the top of the test tube, press the plunger of the syringe to place the urine sample in the tube, and firmly replace the top of the tube to secure the sample. Seal the filled test tube in a ziploc bag.

If you have successfully collected a urine sample prior to our ability to provide the above mentioned collection kit, please store the urine sample in a clean dry glass container covered with cling wrap, sealed in a new ziploc bag, sealed with a lid or other alternative collection containers mentioned above.

4. Immediately place your pet's urine sample into the refrigerator (**DO NOT FREEZE**) until we are able to pick it up or come for your pet's appointment. The sample will remain viable for up to five (5) days in refrigeration. This should be considered if there are upcoming weekends, holidays, a scheduled appointment or submission deadline.

5. If your pet does not have an upcoming appointment, please contact us via phone **(415-202-6313)** or email **(info@bluesparrowholistic.com)** to schedule a pick up once the sample has been collected and stored in your refrigerator. Please note: If you're unable to be home for us to collect the sample directly from you, you can store the sample in a safe and secure location on your property as long as it is accessible by our staff. For this option, please place the sample in a cooler or cooler bag with sufficient ice packs to remain chilled until pick up time. Please provide directions on where and how our staff can gain access to obtain the urine sample and describe what the cooler or cooler bag looks like when confirming the pick up appointment. This will allow our staff to easily locate the sample when they arrive.