

Instructions for Overnight Urine Collection

When should I collect my urine?

At Home: START on Day #8 at 9PM:

To start the overnight urine collection, **void at 9 PM** and **flush this urine away**. We will not collect this urine, but this marks the start of your collection.

Write down the time and date on the white sticker on the collection jug. Please collect every drop of urine in the orange storage container every time you urinate (pee) until you return to the clinic and are instructed to stop.

Call with Questions? 617-998-6333

Collection and storage:

1. Consume your normal amount of water.
2. Wash hands with soap and water prior to urine collection.
3. Place urine collection bottle on a flat surface within reach. Open bottle and place lid aside top side down.
4. Collect all urine directly into the jug (for men) or in the provided "hat" (for women). Avoid touching the inside of the container or cap. Try not to spill **any** urine.



Women:

- Use the urine collection hat to help collect the specimen. Place the urine collection hat in the toilet under the toilet seat and on top of the toilet rim. Once you are done, lift the toilet seat and remove the hat. Pour urine into the collection bottle, making sure that it has all transferred to the bottle.

5. Securely fasten the lid to the jug and place it in the provided Ziploc bag. Seal the bag.
6. Wash hands thoroughly with soap and water.
7. Store the jug upright in a refrigerator.
8. Women: Rinse the "hat" with tap water and store in a convenient location.
9. Repeat this process each time you need to urinate.
10. Return the jug the following morning to the clinic.

Keep urine sample in the refrigerator!

Complete the Urine Collection:

- **Mark the end time** of the final specimen collection on the white sticker on the collection container. The end time is the last time at home before you leave for your study visit.
- Bring the completed questionnaire to the clinic with your urine sample.

Things to remember:

- Remember **all** urine except the first void needs to be collected. Every time you go to the bathroom (evening, night, and next morning), collect ALL the urine into the bottle provided.
- The bottle may hold more than one collection (voids). You do not need to fill the containers. We want all your urine; it does not matter if it's a little or a lot.
- Write start and finish time of at-home urine collection on the containers label.
- Close the bottle tightly to avoid leaks. Make sure spout is closed tightly.
- If you miss or spill a collection, please record this information in the comments section below
- Keep the bottle in the refrigerator and upright during the collection period.