

How to collect your urine for women

1



Wash your hands.

2



Open your labia majora.

3



Wash your genitals with water. Dry your vagina with a hygienic cloth, from front to back.

4



Pee the first part of your full bladder into the toilet.

5



Then pee in the cup you received without interrupting until it contains 20 to 50 ml of urine.

6



Pee the rest of the urine into the toilet.

7



Close the cover on the cup until it clicks and it's securely closed.

8



Hand the cup over to a lab employee or at Lab de Med.

How to collect your urine for men

1



Wash your hands.

2



Hold the shaft and pull the foreskin back with your thumb.

3



Clean your penis with water. Dry with a hygienic cloth.

4



Pee the first part of your full bladder into the toilet.

5



Then pee in the cup you received without interrupting until it contains 20 to 50 ml of urine.

6



Pee the rest of the urine into the toilet.

7



Close the cover on the cup until it clicks and it's securely closed.

8



Hand the cup over to a lab employee or at Lab de Med.