

# How to Get a **Urine** (pee) **Sample** at Home



Before you use this kit, read this entire booklet to learn the steps to take your sample.



**RECOVER**

Researching COVID to Enhance Recovery

*An Initiative Funded by the National Institutes of Health*

[RECOVERcovid.org](https://RECOVERcovid.org)

This booklet tells you how to use this kit to get a small amount of urine (pee) at home. It's easy, private, and free.

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# Thank you for being part of the RECOVER study!

You're helping us learn about the long-term health effects of COVID.

## What's in this kit?

The urine sample kit is the clear plastic bag with the label "Urine Collection Supplies and Instructions" (Picture A) and includes:

- This booklet
- Plastic urine collection cup

**Important – Only Use Your Sample Kit**



Picture A

## How much time will this take?

It will take about 10 minutes to read these instructions and take your sample.

## Prepare

- **Take your urine sample on the same day the study staff will visit your home.** Wait till you need to urinate (pee) to do the steps below.
- **In your bathroom, clean a flat surface,** like the sink countertop, with a disinfecting wipe or disinfecting cleaner and a clean cloth. If possible, use a surface you can reach while using the toilet.
- **If your toilet lid is closed, open the lid.**
- **Wash and dry your hands with soap and water for at least 20 seconds.** If you don't have soap and water, use hand sanitizer.
- **Take the plastic urine collection cup** from the kit and place on the clean surface.

- **Get a dark-colored marker and draw a line** about halfway down the collection cup at the 60cc line on the cup (just like Picture B). This will help you know how much urine you need to fill the cup with.



Picture B

## Get your urine sample

- 1 **Remove the lid from the plastic urine collection cup.**

Unscrew the lid off of the urine collection cup to remove it. For your safety, do not remove the yellow label off of the lid (Picture C).

Set the lid upside-down on the clean surface (Picture D).



Picture C



Picture D

- 2 **Get your urine sample.**

Begin peeing a small amount of urine into the toilet.

Hold the outside of the plastic urine collection cup and move it into your flow of urine to collect some urine while you pee. Fill half the cup with urine – it should reach the line you drew on the cup.

Carefully pull the cup away from your flow of urine and place it on the clean surface.

Finish peeing into the toilet.

Wash your hands again with soap and water.

- 3 Put the lid back on the plastic urine collection cup.

Twist the lid back onto the cup. Make sure it is on tight to prevent urine from leaking.

## Store your sample in your fridge

- 4 Place the plastic urine collection cup into the plastic bag.

Place the cup in the clear plastic bag that it came in.

Seal the bag.

- 5 Put the plastic bag with your cup in your fridge.

Put in your fridge right away. Do not put it in your freezer.

Wash your hands again.

## Give your sample to the study staff during the visit

Thank you for  
being a part of the  
**RECOVER** study.



## Questions or need help?

For help or questions, call your study team.