

# URINE COLLECTION

**24 hours before collection:**  
Place cold pack in freezer

Ready to collect?  
Place **4 cotton pads** into one of the provided (clean) diapers where your child urinates. If your baby poops, try again with a clean diaper. Do not use any creams or powders!

Check diaper frequently for wetness. Once your child has urinated, **put on gloves** and transfer **all 4 cotton pads into the plastic cup**. Once pads are in the cup and cup is sealed, place into **biohazard bag**

Label bag with collection date and time. Place **cup** and cold **freezer pack** in **silver padded mailer**.

Finally, add completed **food diary** to **silver mailer** and seal.  
Take to any post office to be mailed back.

