



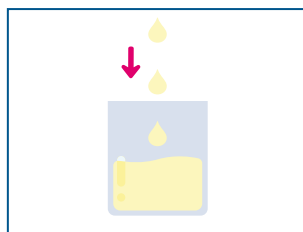
Instructions for **urine collection**

We ask you to collect your morning urine in a container. **It is important that you use the first morning urine and that you do this on the morning of the (home) visit.** We will explain how to perform the urine collection step by step. Go through all the steps and use the urine container that we have provided.

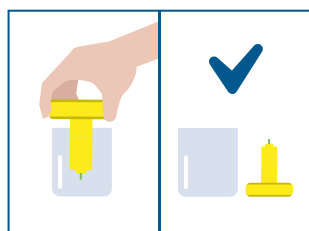
See www.rivm.nl/en/pienter4 for answers to frequently asked questions.



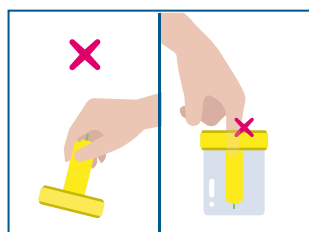
- 1** Wash your hands with soap and water. Dry your hands with a clean towel.



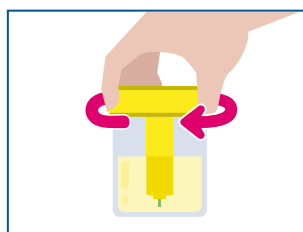
- 3**
- Urinate a little bit (for a couple of seconds) in the toilet first.
 - Next, collect the rest of the urine stream directly in the container.
 - Fill **at least half** of the container.
 - The rest of the urine can go into the toilet.



- 2**
- Take the urine container with the yellow lid.
 - Remove the lid from the container.
 - Place the lid on a clean surface with the inside of the lid facing up.



Caution: do not touch the inside of the container or lid, including the protruding tip of the lid. Never insert a finger into the opening of the yellow lid, as there is a needle inside.



- 4**
- Screw the lid onto the container. Place the container in the **refrigerator** until the (home) visit.