

L-PVDOMICS Study

Instructions for Collecting Urine Sample – Female

Collecting clean-catch urine sample is an important part of the L-PVDOMICS study. A ‘clean catch’ is a method of collecting a urine sample to be tested. The ‘clean-catch’ urine method is used to prevent germs from the surrounding tissue from getting into a urine sample.

~Ask your coordinator any questions you may have before collecting your urine.~

Before starting:

Your coordinator will give you the following items:

- 1 urine cup with lid and pre-labelled with your specific L-PVDOMICS Biorepository Kit ID
- 2 cleansing wipes



How the urine is collected:

- If possible, collect the sample when urine has been in your bladder for 2 to 3 hours
- You will use the items given to you to collect the urine
- Wash your hands with soap and warm water.

Collection procedure:

- Wash the area surrounding the urethra (where urine comes out of the body) called the labia.
- Sit on the toilet with your legs spread apart. Use two fingers to spread open your labia.
- Use the first wipe to clean the inner folds of the labia. Wipe from front to back.
- Use a second wipe to clean over the opening where urine comes out (urethra) - just above the opening of the vagina.
- Urinate into the toilet, stop the flow and then put the open urine container under the stream to catch the urine.
- Collect as much urine as you can up to about 1/2 - 2/3 of the cup.
- You may finish urinating into the toilet bowl.



After collecting the sample:

- Screw the lid tightly on the cup. Do not touch the inside of the cup or the lid.
- Return the sample to your study coordinator.

Thank you!