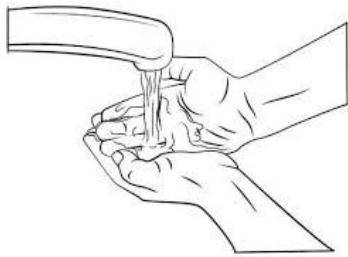
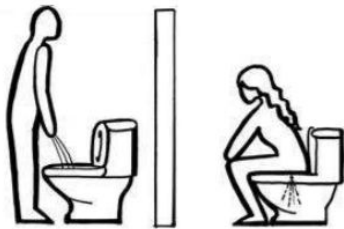


**Seymour Health Centre provided you with a sterile urine container(s) as requested by your healthcare provider.
In order to produce a validated laboratory test result, please follow these instructions carefully.**



1. Wash and dry hands.



2. Begin urinating into the toilet. Without stopping the flow, collect a midstream sample before the urine stops flowing.



3. Close the container(s) tight. Ensure no leakage will occur.



4. Wash hands with soap and water. Ensure Name, Date of Birth or Health Card no. and Date and Time of collection are written on the container(s). Place container(s) into plastic bag provided and seal.



5. Bring the container(s) back to the lab within 24 hours. Delays may affect test results. Until specimens can be brought to the lab, refrigerate specimen.