Please read carefully before beginning your collection.

Specimens will be rejected if:

- the urine tube is not filled to between the two lines on the tube
- the plastic bag holding the tube does not have the absorbent paper strip inside
- the plastic bag holding the tube is not fully sealed
- the tube is not placed in the correctly labeled bag
- the post mark is not from Vermont, New Hampshire, or Maine

Step 1
Remove the cap from the urine cup. Catch the first part of your urine in the cup, filling it about 1/2 way.

Finish urinating into the toilet. Replace the cap on the urine cup.

Step 2
Unwrap the collection tube and dropper from it's packaging.

Remove the tube’s cap and place the tube upright in a cup so the liquid doesn’t spill out.

Step 3*
Remove cap from urine cup.

Squeeze the top of the dropper to draw up urine to the 2mL mark.

Slowly squeeze the urine from the dropper into the collection tube, making sure the urine level falls between the two black lines on the tube.

Then cap the tube tightly to prevent leaking. Don’t forget to wash your hands!

* Scan this QR code with your smartphone camera for video instructions of Step 3.

Instructions continued on back.
Step 4
Place the collection tube in the plastic bag with your name and birth date that says URINE and seal the zip lock tightly.

Step 5
Place the sealed bag into the pre-paid and pre-labeled white cardboard return box and seal the box with the provided tape, located on the inside flap of the box.

Step 6
Drop it at any blue USPS mailbox or post office in Vermont, New Hampshire, or Maine **within one week** of collecting your sample.

What happens next?
Your test results will be ready within 2 weeks of us receiving your sample. If you test positive, our staff will call you to discuss treatment options. **If you test negative, you will not receive a call.** Test results will also be available in your Patient Portal. To setup a Patient Portal account, please call 855-767-6538.