

How to Collect a First Morning Urine Sample

It is important to collect your child's first morning urine (pee) sample as soon as your child wakes up in the morning. Follow these instructions.

How do I collect the sample?

The night before:

- Have your child empty their bladder completely just before getting into bed.
- If your child is not toilet-trained, you can put several cotton balls in their diaper before bed.

The morning of:

- When your child wakes up, they should go directly to the bathroom to collect the urine sample.
- Use a urine specimen cup to collect the sample. We will give you a cup, or you can get one from another doctor's office or lab.
- If your child is not toilet-trained, you can collect the sample by squeezing the urine from the cotton balls into the cup. Do not leave the cotton balls in the cup.

How should I handle and label the sample?

- Put the sample in the refrigerator until you are ready to bring it to the lab or the clinic visit.
- Label the urine cup with your child's full name and birth date.
- If you need to submit more than one sample:

- Write the date that you collected each sample on the sample container.
- Keep all samples refrigerated, and then take them all to the lab on the same day.

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