



Urine Sample Collection Method



Instructions For Use ►



At-Home Lab Testing, Let's Do This!



Important Reminders Before Testing



Prepare to return your kit the same day you collect your sample.



Do not test on a Friday, Saturday, Sunday, or Holiday.



You will be notified via email when your test results are ready. You can access your results by logging into your Patient Dashboard at:

kits.mylabsdirect.com



STEP 1

Ready to Test!

Fill out the Test Kit ID sticker on biohazard bag with black ballpoint pen. Be sure handwriting is legible. Register your kit by scanning the QR code below or

[Click Here](#)



Register Kit



STEP 2

Prepare To Test

Hydrate! Drink plenty of water before testing.

Wash hands thoroughly.

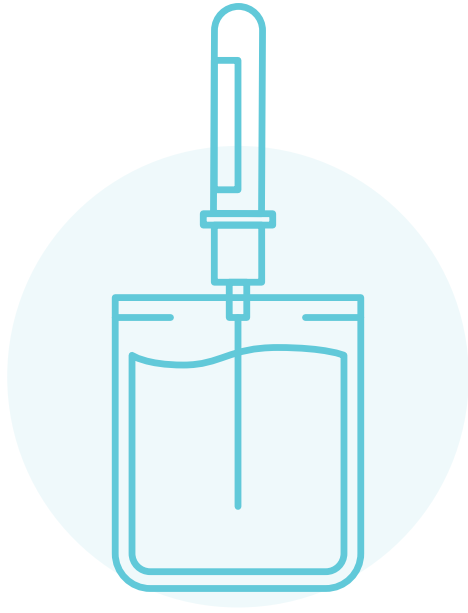


STEP 3

Collect Specimen

Open the sterile collection cup by removing the lid.

Collect urine sample by urinating into the
collection cup.



STEP 4

Transfer Specimen to Transport Tube

Submerge tip of transfer straw in specimen.

Push tube into the transfer straw all the way.

Hold in position until flow stops. Remove tube, leaving transfer straw in specimen container. Screw cap onto tube tightly. Shake tube vigorously.



STEP 5

Place Blood Sample Collection Tube in Biohazard Bag

You did it! Now, place the tightly capped sample tube into the biohazard bag and seal.



Return Kit

STEP 6
Return Your Kit

Scan the QR Code above or [Click Here](#) to see all of
your kit return options!



Remember to return your kit the same
day you collect your sample.

Thank you for choosing MyLabsDirect
for your lab testing needs!

You're Done!

Questions? We've got answers.

Call or text 877.355.7978

Email info@mylabsdirect.com

