

Name: _____

Date of birth: _____

Sampling date: _____

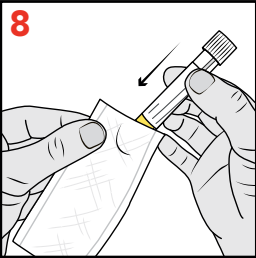
Doctor: _____

GGD Amsterdam
 Streeklaboratorium
 Postbus 2200
 1000 CE Amsterdam

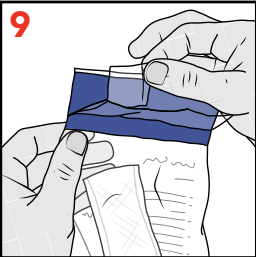
GGD Amsterdam
 Streeklaboratorium
 Nieuwe Achtergracht 100
 1018 WT Amsterdam
 Monday to Friday 08:30-17:00

www.streeklaboratorium.nl
sla@ggd.amsterdam.nl
 020 555 5275

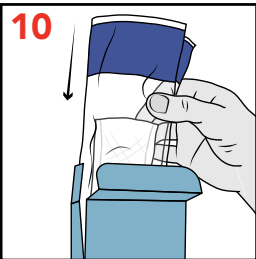
Packaging and shipping



Put the tube in the white pouch.

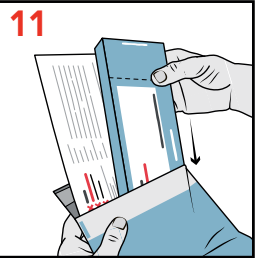


Put the white pouch with the tube in the plastic bag.
 Close it by using the adhesive edge.



Put the plastic bag in the box. Close the box.

Packaging and shipping



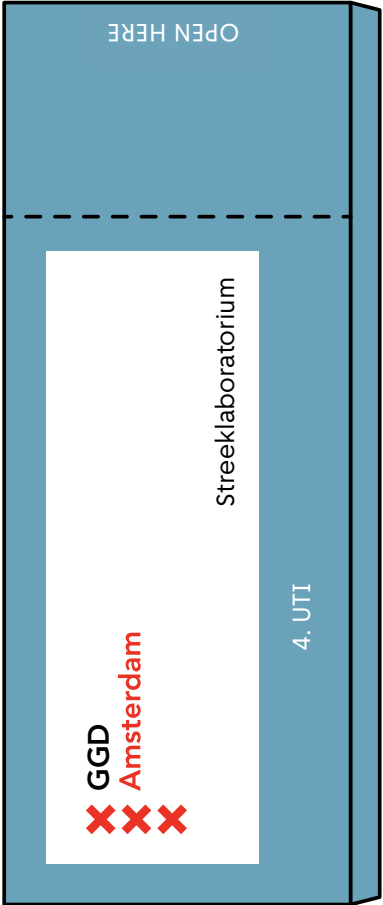
Attach the GGD address label on the back of the envelope, at the bottom left. **Put the box and the form from your doctor in the envelope.** Close it by using the adhesive edge.



Drop off the envelope at an Atalmedial sampling location. Look for a nearby address at www.atalmedial.nl or send the envelope by post. A stamp is not required.

GGD Amsterdam

Instruction manual



This test is to screen for urinary tract infections.

Instruction manual

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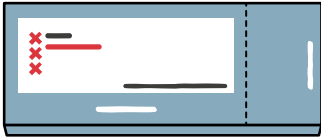
This test is done in the morning, as soon as you wake up.

The test requires the second part of the urine.

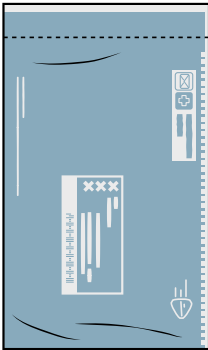
A. Read the full explanation

The explanation can be found on the front and back of these instructions.

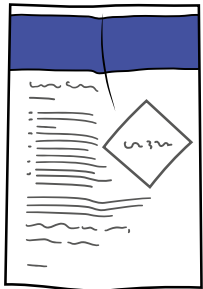
B. Check to see that everything is in the box



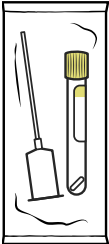
Box



Envelope



Plastic bag



Tube and holder with straw

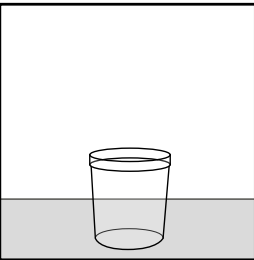


White pouch

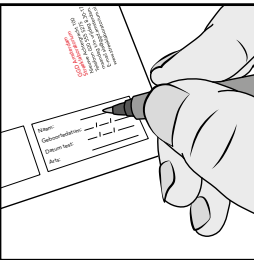
C. Important

- Do not open the packages until you start the test.
- Beware: there is a needle in the holder.
- Do not touch the straw.

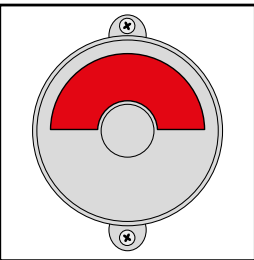
D. Getting ready



You will need a container to urinate in. It must be a clean and dry container.



There is a label on the back. **Write your name, date of birth, sampling date, and the name of your doctor on it.**



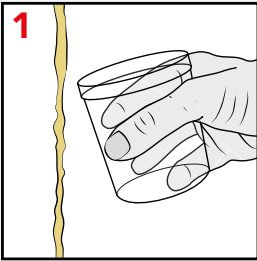
Go to the toilet.



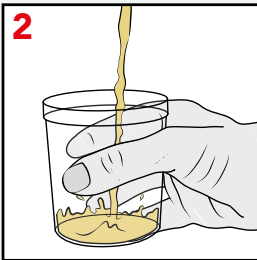
Work as neatly as possible. Wash your hands with soap and water.

Dry your hands with a clean hand towel.

Collecting a urine sample

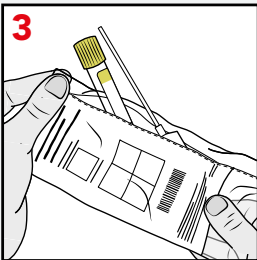


Take the container.
Start by urinating in the toilet. Then wait and hold your urine.



Continue urinating in the container.

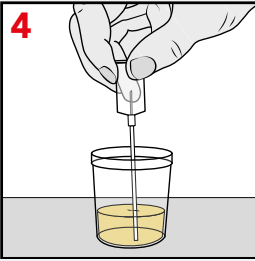
Unpacking and preparation



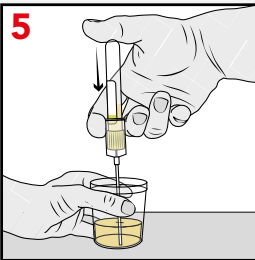
Open the package and take out the tube and the holder with the straw.

Do not touch the straw. Beware: there is a needle in the holder.

Collecting urine

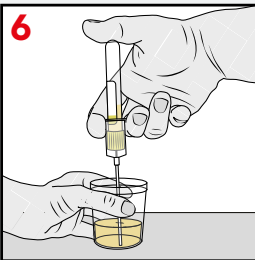


Put the tip of the straw into the urine.



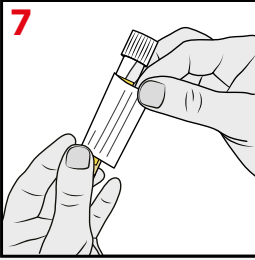
Take the tube. Slide the cap of the tube into the holder. Push it through.

The tube will now extract the urine.



Hold the straw in the urine until the tube is completely full.

Discard the holder with the straw.



Attach the label with your information to the tube.