



just between us

# Urine Collection Kit

Before attempting to collect your sample, please read these instructions carefully.



## This kit contains:



Paper Cup



Sample Tube



Security Seal



Pipette



Freepost Box



Test Requisition Form



Biohazard Bag

## Before you begin!

- Before taking your sample, make sure that you haven't passed urine in the last hour

(This is because the test needs to use urine that has been present in your bladder for at least an hour)



- Unpack your test kit and use a ballpoint pen to clearly fill out your details on the Test Requisition Form (provided)

- Thoroughly wash your hands

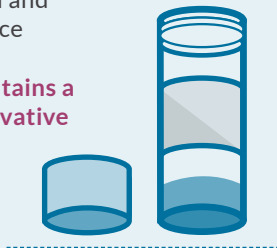
**NOTE: Failure to complete the requested information will result in the laboratory being unable to process your sample.**



## 1

- Unscrew the Sample Tube lid and place the tube on a flat surface

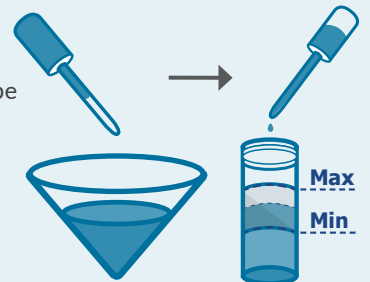
**NOTE: The Sample Tube contains a very small amount of preservative fluid, please do not discard the fluid**



- Use the disposable Paper Cup and Pipette to collect some urine and transfer it into the Sample Tube

**NOTE: Please ensure you collect the first bit of urine**

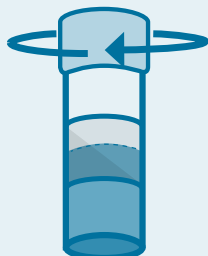
- Please fill the tube to between the minimum and maximum marks



## 2

- Replace the Sample Tube lid

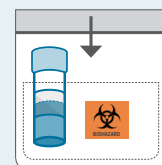
**NOTE: Make sure that the lid is secure and tight on the tube, otherwise your sample may leak in transit**



- Place the tube inside the Biohazard Bag

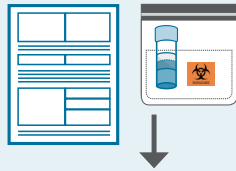
- Peel off the silver seal adhesive. Apply pressure to seal the bag, working outwards to edges

**NOTE: Ensure there are no gaps in the seal**



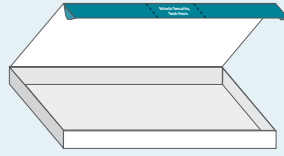
3

- Place the Biohazard Bag and Test Requisition Form inside the Freepost Box



**NOTE: It is essential that you return the completed Test Requisition Form with your urine sample**

- Close the Box carefully



4

- Ensure the Box is securely closed and the flaps are tucked inside the Box
- Attach the Security Seal to the flap and bottom of the Box, in the areas marked
- Post the package in your nearest post box



## How to get your results

You will be notified by email/SMS as soon as your results are available online

You can collect your results by logging on to the website: [jbu-clinic.co.uk](http://jbu-clinic.co.uk) using the Unique ID (sent to you via email/SMS) and the Access Key from the sticker on the top right hand corner of these instructions



## What if I test positive?

It is important not to worry if you test positive

If you receive a positive result online, we will advise you on how to get treatment and advice

It is also important to remember, any partners you have may also need treatment

# STOP!

Before posting your Urine Collection Kit, please ensure that:

- 1) Your details have been written on the Test Requisition Form
- 2) Your Urine Sample Tube has been placed inside the Biohazard Bag
- 3) The Biohazard Bag and Test Requisition Form have been placed inside the Freepost Box
- 4) The Freepost Box has been sealed using the Security Seal

Please post your kit to **Source BioScience** the same day you collect your sample, from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

'Just between Us' is a trading name of Source BioScience. Source BioScience is a leading provider of services and products to the healthcare and clinical, life and applied sciences, and biopharma industries. The company is GCP and GMP approved, CPA accredited and licenced by the Human Tissue Authority.

If you need any assistance, please contact us: [sexualhealth@sourcebioscience.com](mailto:sexualhealth@sourcebioscience.com)

**Source BioScience**  
1 Orchard Place  
Nottingham Business Park  
Nottingham  
NG8 6PX  
UK





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# Swab Collection Kit

Before attempting to collect your sample, please read these instructions carefully.



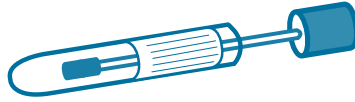
## This kit contains:



Security Seal



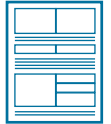
Pre-Printed Tube Label



Swab



Freepost Box



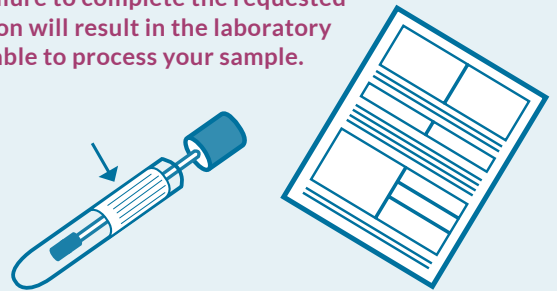
Test Requisition Form

## Before you begin!

- Unpack your test kit and use a ballpoint pen to clearly fill out your details on the Test Requisition Form and Swab tube (provided)
- Thoroughly wash your hands



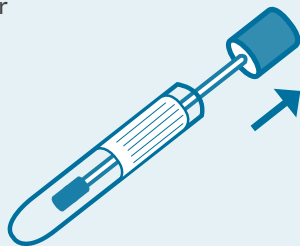
**NOTE: Failure to complete the requested information will result in the laboratory being unable to process your sample.**



1

- Remove the Swab from its tube. Avoid touching the tip of the Swab, or laying it down

**NOTE: Do not use if the seal is broken or damaged.**



2

- Carefully insert the Swab half a finger length into your vagina, pointing the tip towards your lower back



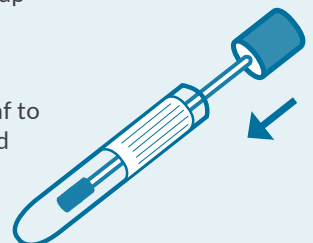
3

- Rotate the Swab a number of times around the inside of your vagina



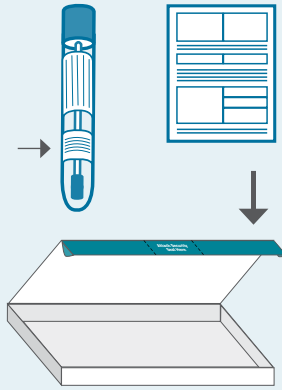
4

- Return the Swab to the tube and ensure you tightly secure the cap
- Wash your hands
- Follow the instructions overleaf to return your sample to be tested



5

- Attach the enclosed Pre-Printed Tube Label to the Swab tube
- Place the Swab tube and Test Requisition Form inside the Freepost Box



**NOTE: It is essential that you return the completed Test Requisition Form with your Swab.**

- Close the Box carefully

6

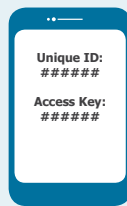
- Ensure the Box is securely closed and the flaps are tucked inside the Box
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- Post the package in your nearest post box



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# STOP!

Before posting your Swab Collection Kit, please ensure that:

- 1) Your details have been written on the Test Requisition Form
- 2) Your Swab has been placed inside the Freepost Box with the Test Requisition Form
- 3) The Freepost Box has been sealed using the Security Seal

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