

**Urine collection instructions**

Version 1

09/24/2019



Blueberry  
Absorption  
Metabolism



Dear Mr. (s) .....

Please, follow these steps to collect your urine for **15 hours and 24 hours** while at home:

1. Use each of the provided containers to collect all your urine voids in the time (hours) indicated in the figure below as collections A, B, C, D and E;

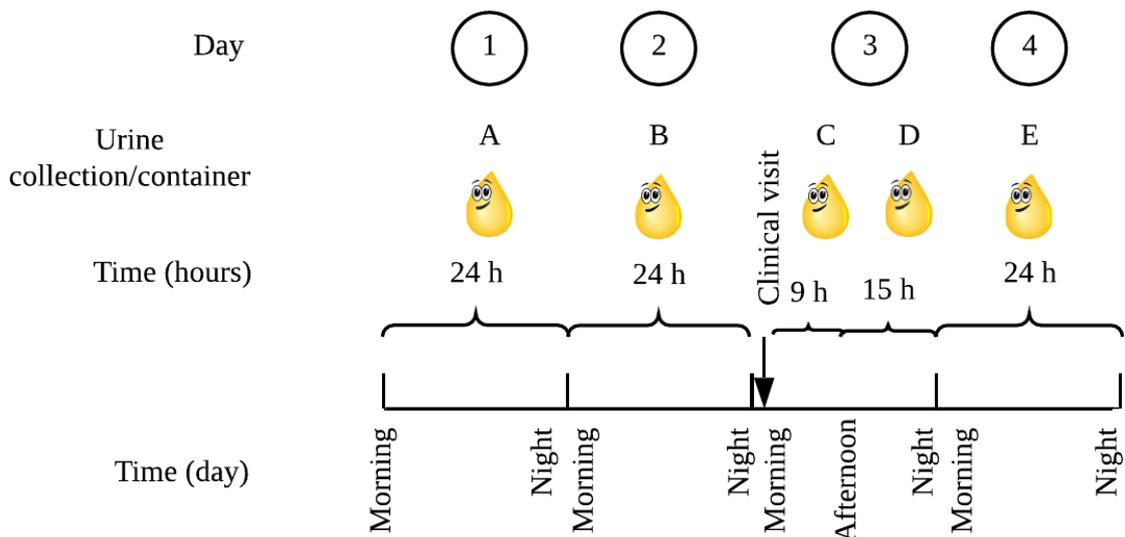
2. Write date and time of the **FIRST** and the **LAST** urine collections on that container;

Example:

<b>Collection A</b>	
Start date: <u>02</u> / <u>15</u> /2020	First collection time: 7:15 AM
End date: <u>02</u> / <u>16</u> /2020	Last collection time: 7:00 AM

3. Please, store the container in the cooler provided, on ice packs. You received enough ice packs to freeze some while others are placed in the cooler to keep your container cool;

4. Please, return container(s) to the CLINIC on each scheduled visit.



5. Please, **DO NOT PLACE** any body parts into the container to collect your urine.
6. For **women**: place the urine hat provided under the toilet seat to collect your urine into this hat. Then, pour your urine into the container.
7. What exact time do you need to add your urine void into container A for example and not into container B?
- a. Have the time you are coming to visit day 1, for example, you are coming at 7:00 AM.
- b. **CONTAINER A** will be filled with the urine you generate from 48 hours before the time of visit day 1 until a total of 24 hours.  
In other words, if your visit day 1 is at 7:00 AM on a Tuesday, you will need to fill container A with your urine from Sunday 7:00 AM until Monday 7:00 AM maximum. In case you urinate at 7:01AM on Monday, this urine already goes into container B;
- c. **CONTAINER B** will be filled with the urine you generate from 24 hours before the time of visit day 1 until a total of 24 hours.  
In other words, if your visit day 1 is at 7:00 AM on a Tuesday, you need to fill container B with your urine from Monday 7:00 AM until Tuesday 7:00 AM maximum. In case you urinate at 7:01 AM on Monday, this urine already goes into container C;
- d. **CONTAINER C** will be filled with the urine you generate from the time of visit day 1 until the end of this visit, for a total of approximately 9 hours.  
In other words, if your visit day 1 is at 7:00 AM on a Tuesday, you need to fill container C with your urine from 7:00 AM until 4:00 PM maximum. In case you urinate at 4:01 PM, this urine already goes into container D;
- e. **CONTAINER D** will be filled with the urine you generate from the time you leave the clinic on visit day 1 until the time of your next visit (visit day 2), for a total of approximately 15 hours.  
In other words, if you leave the clinic on visit day 1 is at 4:00 PM on a Tuesday, you need to fill container D with your urine from 4:01 PM until 7:00 AM of Wednesday maximum. In case you urinate at 7:01 AM, this urine already goes into container E;
- f. **CONTAINER E** will be filled with the urine you generate from the time of visit day 2 until the time of your next visit (visit day 3), for a total of approximately 24 hours.  
In other words, if you arrive in the clinic on visit day 2 is at 7:00 AM on a Wednesday, you need to fill container E with your urine from 7:01 AM until 7:00 AM of Thursday maximum.

Kind regards,

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