

T1D-DAB THE DIVERSITY OF TYPE 1 DIABETES ACROSS BRISTOL STUDY

How to Collect Your or Your Child's Urine Sample?



Important Reminders Before You Begin:

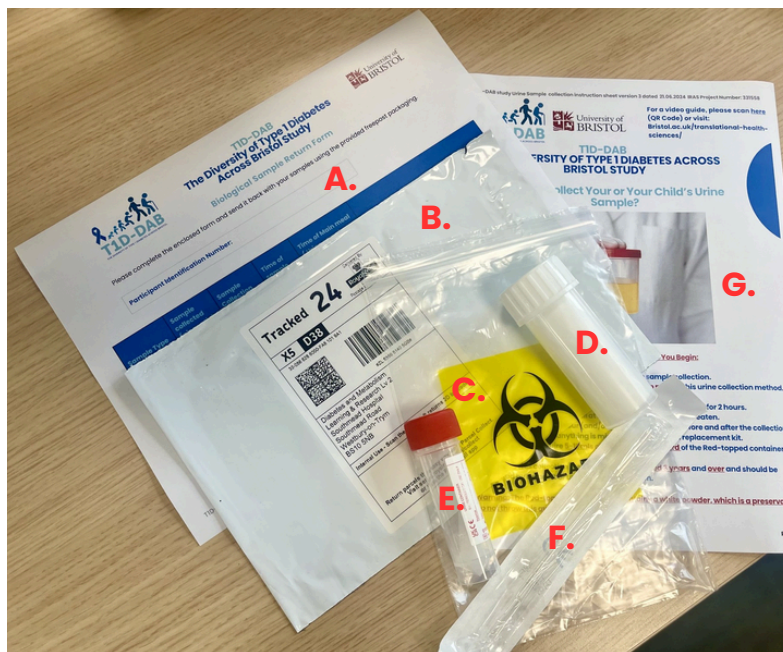
- Please allow 10 minutes to complete the urine sample collection.
- If your child is not potty/toilet-trained, please **do not** use this urine collection method.
- Eat your main meal as usual with a glass or more of water.
- After eating this meal, please do not eat or drink anything else for 2 hours.
- Please try not to urinate until at least 2 hours after you have eaten.
- Do not forget to wash your (and/or your child's) hands before and after the collection.
- Please contact us if anything is missing or if you need a replacement kit.
- Our tests only require **5-10mls of urine**, which is a **third** of the Red-topped container.

Disclaimer: This collection method is for people **aged 3 years and over** and should be completed by an adult or under adult supervision.

Warning: The Red-topped collection pot contains a white powder, which is a preservative. Do not throw this away; do not ingest it.

The urine collection kit should contain the following:

- A. Sample return form**
- B. Freepost Return envelope**
- C. Biohazard Bag**
- D. Leakproof return tube**
- E. Red-topped collection pot**
- F. Plastic Pippete (only required for collecting urine from a potty- please see Step 2A)**
- G. Urine Sample collection Instruction sheet**



Please read all the instructions carefully.

They will help you to collect the urine sample correctly.

Step 1

Please ensure you (or your child) eat a main meal as usual with a glass or more of water. After eating this meal, please **do not eat or drink anything else for 2 hours.**

Step 2A

Please use the red-topped container to collect the urine sample.

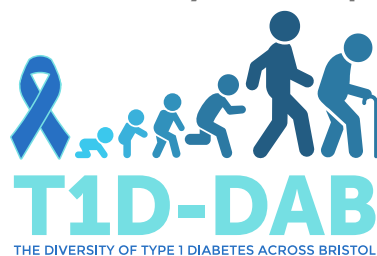
Urine into the **Red-topped collection pot** two hours after eating a main meal.

Keep the **white powder** inside the container and tightly close the lid.

Tip: If your child is under 7 years old, they might need your help to catch the urine into the **Red-topped collection pot**.



← **Maximum fill line.**



Step 2B (if applicable)

Urine collection from a Potty:

- Please collect your child's urine sample approximately 2 hours after they have eaten a meal. If they pass urine before this time, please collect the sample at that point.
- Please use the provided **Plastic pipette** to transfer your child's urine from their potty into the **Red-topped collection pot**.
- Please keep the **white powder** inside the **Red-topped collection pot** and tightly close the lid.



Please complete the enclosed form and send it back with your samples using the pre-paid return envelope.

Participant Identification Number:

Sample Type	Sample collected (please tick yes or no)	Sample Collection date	Time of sample collection	Time of Main meal (Urine sample only)	Comments
Mouth-swab	<input type="checkbox"/> Yes <input type="checkbox"/> No				
Saliva	<input type="checkbox"/> Yes <input type="checkbox"/> No				
Fingerprick-blood	<input type="checkbox"/> Yes <input type="checkbox"/> No				
Urine	<input type="checkbox"/> Yes <input type="checkbox"/> No				

Step 3

Please write the time of your (or your child's) main meal on the sample return form provided with the collection kit.

Write the time and date the urine was collected on the sample return form.

Step 4

Put the filled **Red-topped Collection Pot** inside the **Leakproof return tube**. Then, tightly close the lid of the **Leakproof return tube**.



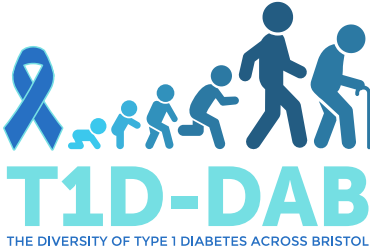
Step 5

Please put the **Leakproof return tube** into the **Biohazard Bag** provided in this collection kit.

Then, put the **Biohazard Bag** and the completed **Sample return form** into the **Freepost Return envelope**.

This **Freepost Return envelope** was included in your sample collection kit and is labelled with our return address.





Step 6



Please seal the **Freepost return envelope** and return it to us using any Royal Mail post box as soon as possible.

For the best results, we recommend you return the sample to us on the same day it is collected.

But if you collect it after your (or your child's) evening meal, you can refrigerate it or keep it in a cool place overnight and post it back to us the next morning.

Tip: Other samples collected at the same time can be returned in the same packaging.

If you have questions or need assistance, please contact us.

Thank you for your help with this sample collection!

Contact Us:

<p>T1D-DAB</p> <p>Address: Diabetes & Metabolism Level 2, Learning and Research Building Southmead Hospital Bristol BS10 5NB</p>	<p>T1D-DAB</p> <p>Email: diabetes-study@bristol.ac.uk</p> <p>Telephone Number: 0117 414 7915</p>
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