



HOW TO PERFORM THE COLLECTION

Urine

1 When to perform the test



The test must be performed during the morning period, from Monday to Thursday and sent on the same day, until 1pm.



Wash your hands with water and soap and dry with a clean towel.



Do not take the test on Friday's, weekends, holiday or the day before holidays, it might not be accepted by the laboratory to be analyzed.

SUGGESTION

Use a bigger and sanitized container to collect the urine, to then transfer it to the sample tube.

2 Activate the test

Before starting the sample collection, you must **activate your kit** at: www.labinthebox.pt

⚠ The laboratory can't process your sample, without this activation.



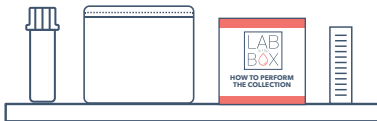
3 How to perform the urine collection

Watch the video on how to perform the collection before beginning the test. In the video, you can learn tips for a successful sampling.



4 Preparation of the test

After opening the box of your kit, take the tube out of the plastic bag. Place all the elements on a plain surface.



5 Collection of urine

Collect the first urine specimen of the morning. Urinate into the tube from the beginning of urination. Close the tube and clean it.



6 Identify the tube with the barcode

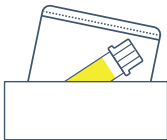
Place the tag with the barcode around the tube. The tag is included in the kit.



Place the tube back inside the transparent bag.



Insert the bag into the kit box.



Place the cardboard box inside the shipping envelope provided, which already contains a prepaid shipping label.
Seal the envelope.



! When performing a blood and urine sample, the tubes must be sent together.

8 Sending the kit to the laboratory

The envelope must be delivered to a collection point until 1 pm. If it's a home collection, you need to book it to be collected until 1 pm.

The sample must be sent on the same day as it was collected.

The results are sent by email within a maximum of 2 to 3 working days. If you have any questions, please send an email to:

help@labinthebox.pt

To schedule the sample collection:
(+351) 218 860 169
(Call to the national landline)



Check the collection points

HERE



KIT CONTENT



Collection tube



Transparent bag



Envelope [pre-paid]



1x Quick Guide
Instructions for Use



Tag