



## Urinary Tract Microbiome Test

**Thanks for choosing Soft Cell Labs!**

### What is in the package?

A Urinary Tract Microbiome Patient Ordering Sheet  
1 urine collection kit  
1 Bio-hazard bag  
2 Freezer Packs and  
A small cooler in a box.

The Freezer Packs and cooler in the box will be used for the return shipping of your sample. **First**, put the 2 Freezer Packs in your freezer. They must be completely frozen when you return ship your sample. (**We cannot process your sample if it arrives to the lab warm**).

### Collecting your sample:

Collect your sample when you are having symptoms of an infection. You will need to collect a “clean catch” urine sample for this test. It is best to collect your sample on a Monday, Tuesday, or Wednesday due to shipping requirements. Instructions on how to perform a clean catch collection are as follows:

#### “Clean catch” urine sample

- A “clean catch” is a method of collecting a urine sample to be tested. The clean-catch urine method is used to prevent germs from the penis or vagina from getting into a urine sample.
- If possible, collect the sample when urine has been in your bladder for 2 to 3 hours.
- You will use the collection kit provided to collect the urine. Use the cup with a lid and wipes.
- Wash your hands with soap and warm water.



## GIRLS AND WOMEN

Girls and women need to wash the area between the vagina "lips" (labia). You may be given a special clean-catch kit that contains sterile wipes.

- Sit on the toilet with your legs spread apart. Use two fingers to spread open your labia.
- Use the first wipe to clean the inner folds of the labia and the opening where urine comes out (urethra), just above the opening of the vagina.
- Wipe from the front to the back.

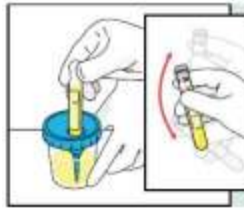
To collect the urine sample:

- Keeping your labia spread open, urinate a small amount into the toilet bowl, then stop the flow of urine.
- Hold the urine cup a few inches (or a few centimeters) from the urethra and urinate until the cup is about half full.
- You may finish urinating in the toilet bowl.

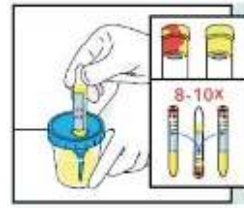
Once the sample is in the collection cup, follow the directions on the collection kit packaging to transfer the urine sample from the cup into the vacuum sealed tubes.



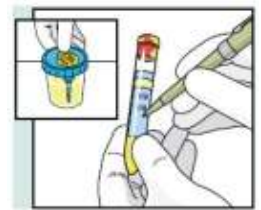
Peel back the protective sticker on the lid.



Push the gray lid tube into the lid. Hold until flow stops. Invert tube 8-10 times.



Repeat with the next tube. Invert tube 8-10 time.



Replace the sticker on the lid. Label the tube with your name.

Ship **only** the filled vacuum-sealed tubes.  
Discard the remaining urine and collection cup.

## BOYS AND MEN

Clean the head of the penis with a sterile wipe. If you are not circumcised, you will need to pull back (retract) the foreskin first.

- Urinate a small amount into the toilet bowl, and then stop the flow of urine.
- Collect a sample of urine into the clean or sterile cup, until it is half full.
- You may finish urinating in the toilet bowl.

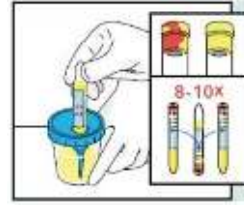
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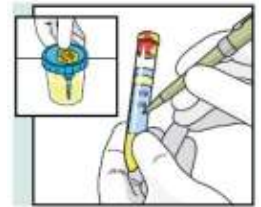
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Repeat with the next tube. Invert tube 8-10 times.



Replace the sticker on the lid. Label the tube with your name.

Ship **only** the filled vacuum-sealed tubes.  
Discard the remaining urine and collection cup.

## Shipping your sample:

- Place the filled tubes in the Bio-hazard bag (provided) and seal shut.
- Fill out your Patient Ordering Sheet (required). Fold in half and slide it into the pocket on the Bio-hazard bag.
- Place the Bio-hazard bag (with the tubes inside) and the 2 frozen Freezer Packs into the small cooler.
- Place the cooler lid back on the cooler.
- Tape the shipping box closed. Take the shipping box to FedEx or UPS and ship to

**Soft Cell Laboratories**  
**4616 S Beehive Dr. Suite 4**  
**Saint George, Utah, 84790**

Please ship your sample using Overnight or up to 2-day shipping options. **If shipping on Thursdays, use Overnight option only. Do not ship on Fridays due to the lab not being open on the weekends. We cannot process your sample if it arrives warm.**

Check your package before you send it:

- 2 completely frozen Freezer Packs
- 2 filled sample tubes sealed in the Bio-hazard bag
- A completed Patient Ordering Sheet
- Cooler lid

## Paying for your test:

When you have shipped your sample, call our office at (435) 628-2215 Monday-Friday 8am to 5pm MST and we can take your payment over the phone. We take all credit, debit, and HSA cards for payment. **We cannot process your sample unless payment has been received.**

Again, thank you for choosing Soft Cell Laboratories! We look forward to providing you with quality laboratory services in an accurate and timely manner. Our exceptional customer service is here for you.

Please call us at 435-628-2215 if you have any questions.



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4616 S. Beehive Dr. Saint George, Utah 84790 Phone (435) 628-2215 Fax (435) 990-7242

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