

Infant Urine Collection Instruction Sheet (Nappy Collection or Clean Catch)

Thank you for your participation in The ORIGINS Project. Following are instructions on how to collect your infant's urine sample at home. The purpose of this information sheet is to provide instructions that limit the chance of contamination of the urine sample during the preparation period and throughout sample collection.

Urine can be used to measure the products of metabolism including the level of healthy metabolic products of friendly bacteria in our gut which are excreted in the urine.

Before collecting any samples, please plan how you will get your samples to the ORIGINS team by scanning the QR code or following the link for more information:

https://originsproject.telethonkids.org.au/for-participants/sample_collection/



You may collect your infant's urine using either of the following methods:

Method 1: Clean Catch Method OR Method 2: Cotton Pad Method

Check that the urine sample kit contains:



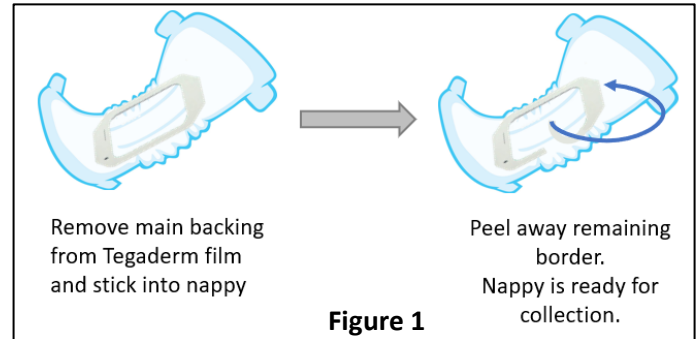
- 1 x Sterile yellow topped urine specimen jar
- 1 x pair clean gloves
- 1 x Tegaderm transparent dressing (*for cotton pad method*)
- 1 x pack of sterile cotton wool balls (*for cotton pad method*)
- 1 x Western Diagnostic request form (partially filled in by ORIGINS staff)

METHOD 1: CLEAN CATCH

1. Try to collect sample when your baby's nappy is dry indicating they may be ready to pass urine.
2. Wash hands thoroughly, put on gloves and remove contents of the urine sample kit.
3. Open the specimen jar carefully ensuring that the inside and rim of the jar are not touched
4. Remove baby's nappy. When your baby starts to pass urine, collect as much urine as possible into the jar.
5. Screw lid on sterile jar tightly and write date of collection on the label.

METHOD 2: COTTON PAD

1. Wash hands thoroughly and remove contents of the urine sample kit.
2. Place the Tegaderm sticker in a clean nappy (see **Figure 1**).
3. Place the cotton wool balls on top of the Tegaderm dressing. Place nappy on your baby.
4. When your baby has wet their nappy collect the sterile specimen jar.
5. Remove your baby's nappy and carefully place to one side.



6. Put clean gloves on and remove the lid of the specimen jar.
7. Transfer the wet cotton wool balls into the specimen jar and put the lid on, ensuring it is sealed tightly. There is no need to squeeze out the cotton wool balls into the container.
8. Discard nappy.
9. **If the cotton balls have been contaminated with poo, please discard and contact ORIGINS for another set of cotton balls.**

SAMPLE COMPLETION

1. Write the **date** of collection onto the label of the specimen jar.
2. Place specimen jar in the biohazard specimen bag.
3. Fill in the **date** and **time** of the sample collection on the biological request form included in the sample kit and place the form in the front pocket of the biohazard bag.
- 4.

Thank you for being a part of this valuable research

Any queries, please contact The ORIGINS team



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