

Information Sheet “Collecting a Mid-Stream Urine Specimen”

Dear Patient,
Dear Study Participant,

You have consented to take part in a Germany-wide or international clinical trial, registry or cohort study run by the German Centre for Cardiovascular Research (DZHK). This includes your consent to the collection and processing of urine.

Your urine will be collected for the purpose of measuring various components which can provide information about how well your kidneys are working or may indicate the presence of disease.

Please follow these instructions to collect a mid-stream urine specimen:

1. Please ensure that the urine cup is labelled or marked with your identification code (sticker).
2. Remove the lid from the labelled urine cup taking care not to touch the inside of the cup or lid.
3. After the first stream of urine has been passed, place the open urine cup under the running flow of urine.
4. If possible, fill the urine cup halfway. Allow the remaining flow of urine to pass into the toilet.
5. Replace the lid on the urine cup without touching the inside of the cup or lid. If necessary, wipe the outside of the cup dry using a paper towel (and disinfectant).
6. Wash your hands.
7. Hand in the closed urine cup according to the instructions given on site.

Thank you!