



## Instructions for urine sampling

Below you can find instructions depending on whether the child pees in a diaper, potty or toilet. It is best to collect the sample around dinner time, but it is also okay to take it at another time

### Equipment in the envelope:

- Cover letter about the study
- Cotton balls that are enough for two samples (20 pieces) in a diaper, if the previous attempt fails
- Syringe to put the cotton balls in (only need to be used if a child uses a diaper – see instructions no. 2)
- Yellow urine sample tube/syringe that must be returned to the health care center.
- Questionnaire on diet that must be submitted to the health care center along with the urine sample
- Envelope (A5) under the urine sample tube and questionnaire
- Gloves and a plastic bag under the urine sample tube

### Child pees in a diaper:

	<p><b>1.</b> Cotton balls (8-10 pieces) placed in the baby's clean diaper. It is best to position them based on where the baby wets the diaper most often, but it can vary depending on whether the baby is a boy or a girl. If the baby has a bowel movement, new cotton balls must be placed in a fresh diaper and try again.</p>		<p><b>2.</b> The plunger in the syringe is removed and urine-soaked cotton balls are placed in the syringe before the plunger is put back in. Disposable gloves are worn.</p>
	<p><b>3.</b> Take the yellow urine sample tube and unscrew the end, then pull the plunger out completely. Take the syringe with the cotton balls and inject into the urine sample tube. <b>It is enough to get 5-10 ml of urine.</b></p>		<p><b>4.</b> Screw the cap onto the urine sample tube tightly and break off the plunger. Place the sample in the plastic bag and store in the fridge until it is returned in the A5 envelope to the health care center.</p>



Embætti landlæknis  
Directorate of Health



### Child pees in a potty:

It is important that the potty is clean before sampling and that there is only urine in the potty.

1. Take the smaller end plug off the front of the yellow urine sample syringe and place the yellow straw on the front.
2. Insert the end of the straw into the urine and pull back the plunger **until the bottle is at least half full (5-10 ml)**. Break the plunger off, remove the straw and replace the end plug.
3. Put the sample in the plastic bag provided and store in the fridge until it is returned in the A5 envelope to the health care center.

### Child pees in the toilet:

You can use a clean disposable container or jar to catch urine during a trip to the toilet. Then you can follow the steps above, under "Child uses a potty".

### Return to the health care center

1. Use the envelope (A5) you received during the check-up. Put the test tube (in the plastic bag) into the envelope along with the filled out questionnaire. If you have yet to sign an informed consent, you must include the signed consent in the envelope.
2. Return the envelope with the sample and questionnaire to the health care center where the infant examination took place.

If you have any questions, please send us an email to: [naering@landlaeknir.is](mailto:naering@landlaeknir.is)

