How to collect and mail your sample

Important: Do not pee for 1 hour before collecting a urine sample.

Step 1
- Your UriSWAB™ looks like this tube.
- Please write today’s date and time in pen on the UriSWAB™ tube label.

Step 2
- Unscrew the yellow lid of the tube and remove the UriSWAB™ applicator.
- Hold the UriSWAB™ applicator by the yellow lid between your forefingers and thumb.

Step 3
- Get ready to catch the first part of the urine.
- Hold the UriSWAB™ applicator under your urine stream. Make sure the sponges are saturated.
  or
- Catch the first part of the urine in a cup and dip the applicator sponges into the urine sample. Make sure the sponges are saturated.
Step 4
- Put the UriSWAB™ applicator back in the tube.
- Make sure the lid is screwed tight.

Step 5
- Put the UriSWAB™ into the red zip-lock bag and press the seal closed.
- Make sure the pathology form is still in the front pouch of the red zip-lock bag.

Step 6
- Sign the aviation security and dangerous goods declaration on the front of the reply-paid envelope.
- Put the red zip-lock bag into the reply-paid envelope and seal it.
- Post the envelope from any Australia Post post box as soon as possible after taking the sample.