For detailed instructions, see the Centers for Disease Control and Prevention's “Shipping Instructions for Specimens Collected from People who may have been contaminated with Radioactive Materials.”

For each person, collect 70 mL or more of urine in a screw-cap urine cup by following the steps below:

1. Wash hands with soap and water.

2. Collect 70 mL or more of urine in a screw-cap urine cup.

3. Deliver specimen to clinic personnel.

4. Label the urine cup with the appropriate bar-coded label, indicating the method of collection if other than “clean catch.”

5. Place bar-coded label on all cups so that when upright, the barcode looks like a ladder.

6. Freeze samples (optimally at -70° C or use dry ice).

For questions concerning this process, please contact:
Centers for Disease Control and Prevention
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