

SCHISTOSOMIASIS URINE SPECIMEN PATIENT INFORMATION SHEET

It is important to follow these instructions carefully to ensure your test results are accurate.

Three specimens need to be collected on three separate days.

- a) Collect urine specimen in the middle of the day (between noon and 3.00 pm) into a 600 mL bottle. **Prior to the collection drink a large volume of fluid & then complete 10 minutes vigorous exercise eg running or jumping up & down, or running up & down stairs.**
- b) The entire urine void at this time needs to be collected in the provided container.
- c) Write your **name**, and **date and time of collection** on the specimen container.
- d) Place specimen-container in specimen bag with copy of request form.
- e) Drop off the specimen at your nearest available lab as soon as possible.

If you have any problems, please contact one of the following:

Waikato
07 858 0799

Bay of Plenty
07 578 7073

Whakatane
07 306 0906

Rotorua
07 348 2106

Taupo
07 376 5103
07 376 1045