

## EXE-T1D Study

### **Instructions for collecting a urine sample at home (for a UCPCR test)**

**Please collect this urine sample on the day before your appointment.**

1. Please pass urine just before your biggest meal of the day and discard.
2. Eat your meal as usual with a glass or more of water
3. Do not eat or drink anything else for the next 2 hours (unless you go hypo – in which case, please do the test on another day).
4. On the label of the red-topped sample tube provided, please write your name, and the date and time that the sample is collected.

**NOTE: The red-topped sample tube contains small white crystals - this is a preservative, so please do not discard it.**

5. **2 hours after this meal, please go to the toilet and pass some urine into the red-topped tube provided.** It may be easier to collect the urine in a *clean* larger container first from which urine can be added to the tube. *Screw the lid on securely.*
6. Put the red-topped tube into the plastic bag provided, which contains some absorbent paper material, and make sure you close the bag's 'zip lock' securely.
7. **The sample will be collected at your appointment.**

**Thank you for your help.**

If you have any questions, please contact a member of the study team on:

Telephone: 01392 408181

The study team is available from 8am Monday – Friday.

NIHR Exeter Clinical Research Facility  
RILD, Level 2  
Royal Devon & Exeter NHS Foundation Trust  
Barrack Road, Exeter EX2 5DW

EXE-T1D\_Home Urine Sample\_(Vs1.1\_01.03.2020)

*The NIHR Exeter Clinical Research Facility is a partnership between the University of Exeter Medical School College of Medicine and Health, and Royal Devon and Exeter NHS Foundation Trust. This project is supported by the National Institute for Health Research (NIHR) Exeter Clinical Research Facility. The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.*