

Name  
Address

[Site address  
Tel:  
Email: ]

Date:

Dear Name,

**Re: EXE-T1D Study:** Understanding beta-cell destruction through the study of  
EXtremely Early-onset Type 1 diabetes (A Musketeers' Memorandum Study)

Thank you for agreeing to help with our EXE-T1D research study aiming to improve understanding of extremely early-onset Type 1 diabetes.

As arranged, your appointment is at:

**Time:**

**Date:**

**Location:**

Please find enclosed an information sheet to give you more details about the study. As explained, during the visit, we will need to obtain certain samples and information from you that will involve the following:

- Completion of a consent form to participate in the study, following discussion about the study
- Height and weight measurements
- Questions about the diagnosis of your diabetes, details of your birth and family history of diabetes.
- Blood samples
- Urine sample (collection pot and instructions enclosed)

I have enclosed a tube and instructions for collecting a urine sample - see overleaf. This is an optional sample but would be very helpful for our research if collected.

If you have any queries in the meantime, please do not hesitate to contact our study team at the NIHR Exeter Clinical Research Facility on 01392 408181.

Thank you very much for your help with this important research.

Yours sincerely

[Staff name & job title]

Enc. EXE-T1D Information Sheet – Adult  
Urine collection pot

## 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. **I will collect the sample at the appointment.**

**Thank you for your help.**

If you have any questions, please contact a member of the study team on:  
Tel: [01392 408181]

The study team is available from [8am – 4.30 pm Monday – Friday].

[Site address]