**PATIENT INSTRUCTIONS: RANDOM URINE PROTEIN ELECTROPHORESIS AND/OR IMMUNOFIXATION (IFE)**

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| **Supplies needed:*** **Collection hat**
* **Urine cup**
* **Plastic biohazard bag**
* **Brown paper bag**
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| **Specimen:*** **First morning urine and blood sample**
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| **You will need a blood sample drawn. The sample may be collected:*** **The day you pick up the supplies if you plan to bring your urine to the lab the following morning.**
* **If you cannot bring the urine in the following morning the sample will be collected the day you bring the urine to the lab.**
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| **Urine must be brought to the lab within two hours of collection.** |
| **If you have any questions after reading these instructions please feel contact us at 618-257-5080** |
| **STEP:** | **INSTRUCTIONS** |
| **1.** | **Wash hands** |
| **2.** | **Place the collection hat under the seat of your toilet.** |
| **3.** | **Capture your first urine of the morning in the collection hat.** |
| **4.** | **Remove lid from urine cup.** |
| **5.** | **Pour the urine into the urine cup. (At least 10 mL of urine is needed)** |
| **6.** | **Screw the lid back on the cup tightly.** |
| **7.** | **Write the date and time of collection on the cup’s label.** |
| **8.** | **Place the cup in the plastic biohazard bag.** |
| **9.** | **Place the biohazard bag containing the cup into the brown paper bag.** |
| **10.** | **Wash hands** |
| **11.** | **Urine must be refrigerated until it can be brought to the lab.** |
| **12.** | **Bring the urine to the laboratory.** |