



Urine Collection and Processing Recommendations

## Items Required

- » Norgen Biotek Corp Urine Collection and Preservation Tube 15 cc (Cat. no.: 18120)
- » 8 x Greiner Cryogenic (Blue Cap) vial 2.0 mL (Cat. no.: 126279)

## Urine Collection Procedure

- » Ensure urine collection procedure consistency across the study
- » You may consider using stabilization tubes or other stabilization chemicals for the collection. Norgen Biotek Corp Urine Collection and Preservation Tube 15 cc (Cat. no.: 18120)
- » Ensure collection timing consistency. For example second morning urine. Avoid using the first morning urine
- » Pre-intervention samples may be collected. Take note of variation that may be result of medication consumed by subjects
- » Take note to collect mid-stream urine

Urine stabilized in Norgen Biotek tubes may be stored at Room Temperature for longer time.

## Urine Collection Procedure

- » Immediately centrifuge the urine samples at  $300 \times g$  for 10 min, and then centrifuge the supernatant at  $2,000 \times g$  for 10 min at RT/4 °C.
- » Transfer as much supernatant into multiple Greiner Cryogenic (Blue Cap) vial 2.0 mL (Cat. no.: 126279). Make sure aspirate from the TOP of the supernatant and do not disturb any cells at the bottom .
- » Note, stronger centrifugations will lead to some miRNAs fraction lost
- » Store the aliquoted urine at  $-20$  °C until further processing.
- » Do not expose the samples to freeze-thaw

## Storage and shipment of Samples

- » Store the samples at -80 °C freezer (-20 °C freezer if -80 °C freezer is not available).
- » DO NOT thaw samples during shipment, samples are to be shipped in frozen condition
- » Repeated freeze-thaw must be avoided.
- » Place the samples into the Biohazard ziplock bag and seal it. Place the bag back into the box.
- » Ship the box out under dry ice condition
- » 10kg of dry ice is good for 72-96 hours of shipping period in 20kg box