1. Remove stopper and keep for later use!

2. Insert the plastic straw into the container and fill the Urine Monovette® up to the bottom of the label.

3. To empty the plastic tube, hold the Urine Monovette® in an upright position and pull the plunger backwards to the bottom of the tube.

4. Remove the plastic straw break off the plunger and throw away.

Replace the stopper.