

**EXTREMELY  
EXTREMELY  
IMPORTANT**

**FOLLOW EACH STEP PRECISELY  
*CHECK OFF EACH STEP AS IT'S COMPLETED***

**DO NOT RUSH**

**IT'S EXTREMELY IMPORTANT  
COLLECTIONS  
BE DONE **EXACTLY** AS SPECIFIED**

**IF YOU HAVE QUESTIONS - ASK**

# OCB/IFPA Urine Testing Collection Procedures

<b>Who gets tested?</b>	Bodybuilding & Figure Open Division Overall Winners Bodybuilding & Figure Masters (Men 40+, Women 35+) Division Overall Winners if 5 or More Were in Division All Pros who win prize money
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*Check off each line as completed.*

- \_\_\_ 1. Try to arrange for a male to collect specimens from males and female to collect specimens from females.
- \_\_\_ 2. Have competitor strip down to posing suit only.
- \_\_\_ 3. Open (break sterile seal) specimen bottle in competitor's presence and give to him/her.
- \_\_\_ 4. Competitor should go in bathroom stall with collector standing just outside it if female or to urinal with collector standing behind competitor if male.
- \_\_\_ 5. Competitor provides urine sample in collection bottle and places lid on bottle.
- \_\_\_ 6. Under Urine Drug Screen Type at top of Chain of Custody (requisition) form, check yes for Chain of Custody.
- \_\_\_ 7. Temperature of specimen is recorded in the designated area on Chain of Custody form by collector (temperature strip is affixed to specimen bottle).
- \_\_\_ 8. Security seal is removed from Chain of Custody form in sight of competitor and placed on collection bottle over lid as shown in the graphic example on Chain of Custody form.
- \_\_\_ 9. Competitor initials security seal **AFTER** it's placed on collection bottle.
- \_\_\_ 10. Patient I.D. label is filled out (check boxes for both 550 Steroids and 551 Diuretics tests to be done on sample, write collector's name in the Collector space, **write donor's (competitor's) name in Patient ID space**, log date in Collection Date space), then removed from Chain of Custody form and placed around specimen bottle as shown in the graphic example on the Chain of Custody form.
- \_\_\_ 11. Competitor's name and social security number is recorded in the Donor Certification area of the Chain of Custody form (bottom half) and competitor signs in designated space.
- \_\_\_ 12. Collector prints and signs name, records the date and time, and provides phone number in Collector Verification space on Chain of Custody form.
- \_\_\_ 13. Collector places collection bottle and **top white copy of Chain of Custody form** in white biohazard plastic bag supplied (with white absorbent material already inside the bag), then seals white biohazard bag by removing its plastic strip and pressing sides of bag together allowing adhesive to seal.
- \_\_\_ 14. Collector gives pink copy of Chain of Custody form to competitor and collection is then complete for the individual.
- \_\_\_ 15. After event, all samples collected are placed in large clear plastic bag supplied and bag is sealed using zip lock on bag. This bag is then placed in some sort of cardboard box that promoter will need to supply (to protect from crushing). The box is then placed inside the plastic Clinical Pak FedEx bag supplied. FedEx bag is sealed, FedEx shipping label is affixed to bag (if not already), then bag can be dropped at any FedEx location or drop-box.
- \_\_\_ 16. Collector sends yellow copy of Chain of Custody form to OCB.