



Instructions

Important before you start:

- Use morning urine for the test
- First pee a bit and then use the next urine for the test
- Do the test on a Monday, Tuesday, Wednesday, or Thursday
- Send the test the same day as you did the test

Do not take the test in case of:

- Fever
- Urinary tract infection
- Exercising intensively the day before

For women in case you are:

- Pregnant
- Menstruating

Please note!

The temperature outside influences the measurement of protein in the urine. If it is freezing outside or above 25 °C, we therefore ask you to take the test on a different day.

Another possibility is not to put the envelope in the normal letterbox, but to take it to a PostNL office or parcel point.

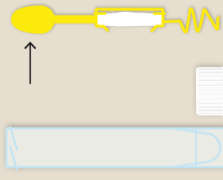
How to use the NierCheck?

1



Unpack the envelope. Take the test on a Monday, Tuesday, Wednesday or Thursday morning

2



Unscrew the cap from the tube and grasp the yellow stick with felt

3



On the toilet: first pee for 1-2 seconds. Then pee on the felt for 3 seconds

4



Put the yellow stick with the felt in the tube and screw the cap firmly on it

5



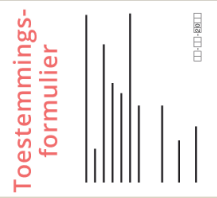
Place the shipping tube in the plastic bag and close it

6



Write the date of the urine test on the back of the plastic bag

7



Fill in the consent form (only the first time)

8



Put the plastic bag (and the consent form) in the return envelope

9



Put the return envelope in the mailbox on the same day that you did the test

10



You will receive the result by mail