

# FEEDING AND ENERGY BALANCE STUDY

## TOTAL ENERGY EXPENDITURE

### Instructions for Shipping Urine Samples

Enclosed you will find supplies to mail the cotton samples to the Children's Hospital of Philadelphia (CHOP). A study team member will call you on Day 7 to review the shipping instructions.

After all the urine samples have been collected and frozen, you will be ready to mail the specimens back to the CHOP using Federal Express.

#### Supplies:

Shipping box (pre-addressed)	Tape
Cooler (styrofoam)	Blue absorbent pad
Freezer pack (s)	

#### Instructions:

1. Place the blue absorbent pad in the large zip lock bag.
2. Arrange the individual urine samples against the blue absorbent pad.
3. Place the frozen freezer pack in the zip lock bag so that it is snug against the samples.
4. Place the zip lock bag in the cooler.
5. Place the Urine Collection Log on top of the bag.
6. Put the lid on the cooler and place cooler into the shipping box.
7. Seal the outer shipping box with tape.
8. Once the box is sealed, call 1-800-GO-FEDEX (1-800-463-3339) to arrange for pickup.

- ▶ **You do not need to be home at the time of the pick up and all charges will be billed to the hospital**

**Please do not hesitate to call the team at (215) 898-3216 or the GCRC at (215) 590-3110 with any questions regarding shipping. Thank you so much for your time and support!!!**