Sampling Instructions



3

sure

4

2

1





Step 0. Wait 6 or more hours to start

Please read both sides of the instructions before sampling.

When do I take my water samples?

You should sample your water after six (6) hours of no use. This includes all water use, such as doing laundry, running a faucet, running a dishwasher, flushing a toilet, taking a shower, or watering a yard/garden. Talk to any guests, roommates, or family members at home about this study to ensure your water can sit for 6 hours without being used!

Where do I take my water samples?

Please take your sample at the kitchen sink (preferred) or bathroom sink. Please do not remove the aerator on your faucet. If you have point-of-use treatment on your kitchen sink, please use your most used bathroom sink. If you are unsure about the point-of-use treatment, use the kitchen sink.

Step 2. Answer some questions about your water

My water supply source is:	ne: know.
What yoar was your house (dwalling huilt?	ot sure
what year was your house/uwelling built?	🗌 Not
What is the line that brings water into your house made of? This called a water "service line".	is ofter
Plastic Not sure Lab Use Only:	

Step 1. Record sampling information

STOP: Did you use your water in the past 6 hours? This includes running the dishwasher, showering, watering the lawn, turning on the faucet, and so on. If "yes", please wait 6 hours before starting. □ No, I have not.

What is today's date? _____/ ____/ _____/ _____

What is the time? AM / PM

Where are you sampling your tap water? Check one: ☐ Kitchen sink (preferred) Bathroom sink

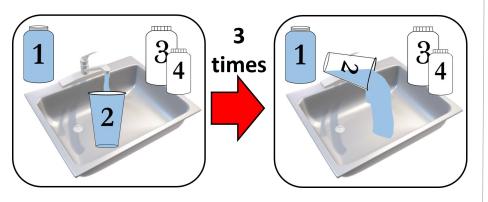
Step 3. Fill Bottle 1

Place Bottle 1 under your tap. Turn on the **cold** water at the **highest** flow and fill Bottle 1. Bottle 1 will be tested for first-draw lead.



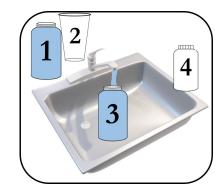
Step 4. Fill Cup 2 three times. Dump between fills.

Leave the water running, fill the large plastic cup **three times**. Quickly dump the water out after the first and second fills.



Step 5. Fill Bottle 3. Then fill Bottle 4.

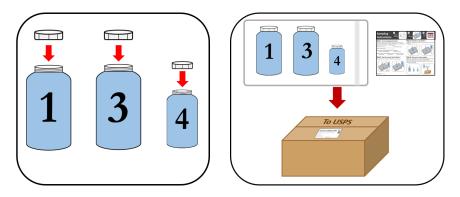
Leave the water running, immediately fill Bottle 3 and then fill Bottle 4. Bottle 3 represents the 5th liter of water and will be tested for lead. Bottle 4 will be used by the laboratory for other water quality analyses.





Step 6. Pack up your water samples

Tighten lids. Seal Bottles 1, 3, and 4 in the provided bag. You may keep the cup. Place your completed Sampling Instructions sheet in the provided box. Stick the Business Reply Label on the provided box and drop off at USPS (your Post Office). Please send the box **as soon as possible**.



(Optional) Drop Off Location

Questions? Please contact us at: get-the-lead-out@uiowa.edu

For a video of how to sample and other information on lead in water visit: gettheleadout.uiowa.edu