

Patient Instructions for Collection of Urine -Midstream and Cytology

The following instructions are intended to help you collect the correct specimen for the test your doctor has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection

The Lab will provide you with the followings:

- Antiseptic wipe
- Sterile screw top container
- One Biohazard plastic bag and/or Brown bag

Collection procedure:

1. Wash and dry your hands thoroughly
2. Obtain an empty urine container and towelettes
3. Wash your urogenital area (lower parts) with a towelette

Females:

While sitting on the toilet, spread lips of vagina with one hand.

Take one open towelette and wipe vaginal area from front to the back

Discard towelette and repeat with second towelette.

Begin urinating into the toilet still holding lips of the vagina apart

Males:

Retract the foreskin if uncircumcised and clean the glans (head of the penis) with the towelette

Begin urinating into the toilet

4. While still urinating insert cup into urine stream and continue to urinate until cup is approximately 3/4 full.
5. Finish voiding in the toilet.
6. Place lid carefully on the container.
7. Write the name, date of birth and date and time of collection on the container.
8. Insert the container in the biohazard plastic bag and/ or the brown bag (depending on what has been provided to you)
9. Bring the sample to the laboratory as soon as possible after collection.