

## DANGERS OF ACID IN THE BOTTLE

If the bottle contains acid as a requirement for the specified test, please note the following:

1. Do not urinate directly into the bottle as the acid will burn if it comes in direct contact with your skin.
2. Pass the urine into a separate clean container and pour the urine over into the specimen bottle provided.
3. Keep out of reach of children.
4. Store in a cool, dry place away from direct sunlight.
5. Do not inhale near the opening of the bottle, the fumes may burn your mucous membranes.
6. Keep the bottle closed when not in use.



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PATHOLOGISTS · PATOLOË

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*Your consulting pathologists*

# URINE COLLECTION



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# URINE COLLECTION

This pamphlet has been issued to you because your doctor has requested a specific urine test. Our nursing staff will indicate which method of collection you must use. Please follow the instructions below for correct and safe collection of the sample.

## MIDSTREAM URINE COLLECTION

(Suitable for microbiological and certain biochemical analysis.)

### MALES

1. Wash hands.
2. Open the specimen bottle without touching the inside of the bottle.
3. If not circumcised, pull the foreskin back.
4. Hold the specimen container while you pass a small amount of urine into the toilet bowl and without interrupting the flow of urine, pass urine into the container until it is half full. The remaining urine should be passed into the toilet bowl. It is expected that the container will become wet.
5. If you drop the container or touch the inside, request another one from the nursing staff.
6. Screw the lid tightly onto the container.
7. Wash hands.
8. Give the specimen to the nursing staff.

### FEMALES

1. Wash hands.
2. Open the specimen bottle, without touching the inside of the bottle.
3. Sit comfortably and turn one knee as far out as possible.
4. Using one hand, open the genital folds by spreading them.
5. Place the container in a position so that it does not touch the genital area.
6. Pass the first few drops of urine into the toilet bowl and without interrupting the flow of urine, pass urine into the container until it is half full. The remaining urine should be passed into the toilet bowl. It is expected that the container will become wet.
7. If you drop the container or touch the inside, request another one from the nursing staff.
8. Screw the lid tightly onto the container.
9. Wash hands.
10. Give the specimen to the nursing staff.

### PAEDIATRICS

1. Wash hands.
2. Clean the baby's genitals with a cotton swab dampened with tap water.
3. Dry the area with a clean swab.
4. Stick the urine collection bag over the genitals. In females – exclude the anal area. In males, ensure the penis is in the bag.
5. Place the nappy back on and ask the caregiver to give the baby some fluids to drink unless otherwise indicated.
6. Check every few minutes to see if urine has been passed.
7. Transfer the urine into the urine container without contamination.



## 24 HOUR URINE COLLECTION

(Suitable for certain biochemical analysis only.)

### PROCEDURE

**Caution!** If the bottle contains acid as a requirement of the test it will be labelled accordingly. Please read the section, **"DANGERS OF ACID IN THE BOTTLE"**, at the end of this leaflet before continuing.

**Choose a suitable day to carry the specimen bottle with you.**

1. Start the test by emptying your bladder into the toilet. Record this time as the starting time of the urine collection.
2. For the next 24 hours, all urine must be collected into the collection bottle provided.
3. At the exact same time that you started the collection on the previous day, empty your bladder, for the last time, into the collection bottle and record this time as the end of the 24 hours collection.
4. Do not contaminate the container with toilet paper or faeces – use a clean container to urinate in and then pour all the urine into the specimen container.
5. If you are convinced that you will need an extra container, ask the laboratory for a second bottle. Mark this bottle as bottle number two.
6. It is not necessary to fill the bottle, only to collect all the urine passed in 24 hours.
7. Ensure to collect all urine as an incomplete sample is not admissible for testing. If one collection was missed, the procedure must be stopped and restarted.
8. Deliver the sample to the laboratory yourself as a blood sample may have to be collected to accompany the 24 hour urine container.

