

Collection Procedure – Urine

Your referring provider has asked that you provide a urine sample for analysis. You can help insure the accuracy of the analysis by following these instructions carefully.

Thank you for your cooperation.

Female:

1. Remove the lid of the container, being careful not to touch the inside of either the container or lid.
2. If you are menstruating, first insert a fresh tampon or use cotton to stop the flow.
3. Separate the skin folds around the urinary opening with one hand (keep separated until the specimen is collected).
4. Wash the area surrounding the urinary opening from front to back with a towelette. Repeat two more times, using a new towelette for each.
5. Begin urinating into the toilet, making sure you keep the skin folds apart with the fingers of one hand.
6. Wait until the urine stream is well established before moving the container into the path of the stream to catch the urine. Do not touch container to genital area. Fill approximately 1/2 full.
7. Finish urinating in the toilet.
8. Firmly replace the lid of the container.

Male:

1. Remove the lid of the container being careful not to touch the inside of either the container or lid.
2. Retract foreskin if necessary. Wash the end of the penis with a towelette. Repeat with two remaining towelettes and let air dry.
3. Begin urinating into the toilet, being sure to keep foreskin retracted. After the urine stream has been established, move the container into the stream and fill approximately 1/2 full.
4. Finish urinating in the toilet.
5. Firmly replace the lid of the container.