



VALLEY MEDICAL LABORATORIES

URINE SAMPLES:

(Rev 2017-12-14)

ALL PATIENTS: GENERAL INSTRUCTIONS

- Wash hands thoroughly with soap and water, rinse and dry with clean paper towel.
- Refer to the specific instructions by sample type below.

PEDIATRIC PATIENTS ONLY:

- Parent or caregiver: Wash your own hands thoroughly with soap and water, rinse and dry.
- Wash and dry the child's genital area.
- Remove backing paper and place the opening of the bag over the external genitalia, with the excess of the bag toward the feet. If male, position the bag so that the penis enters through the opening and rests inside the bag in a natural position.
- Remove the backing paper from around the opening of the bag and press the bag onto the child's skin. If desired, apply a diaper over the bag.
- Once the collection bag contains urine, remove the bag from the child's skin. Seal it by folding the adhesive surface in half, pressing halves together.
- Store in refrigerator. Deliver to laboratory within 12 hours of collection.

ALL PATIENTS: COLLECTION REQUIREMENTS BY SAMPLE TYPE

Laboratory staff or your doctor's office will provide you with the necessary containers, inform you about which of the following instructions to follow, and advise you about what order to collect samples if more than one sample type is required.

**** PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY ****

If samples are collected at the laboratory, leave them outside the bathroom in the container provided.

If collected elsewhere, please return samples to the laboratory the same day of collection.

- NAT URINE: **COLLECT THIS FIRST IF MORE THAN ONE SAMPLE TYPE.**** Collect about 30 mL (1 ounce) of the very first part of the urinary stream that you pass.
- ROUTINE URINALYSIS:** Collect 30-60 mL (1-2 ounces) of urine from any part of the urinary stream that you pass.
- PREGNANCY TEST:** Collect 30-60 mL (1-2 ounces) of urine from any part of the urinary stream that you pass.
- MID-STREAM URINALYSIS:**
 - **Female patients:** Spread yourself with one hand and with the wipe provided wash the perineal area GOING FROM FRONT TO BACK once only. Drop the used wipe into the wastebasket.
 - **Male patients:** The foreskin must be completely retracted and the penis cleansed with the wipe provided. Drop the used wipe into the wastebasket.
 - **All patients:** Pass the first portion of urine into the toilet (or the NAT Urine container if required, or the Routine Urinalysis container if required), then while still voiding, collect 30-60 mL (1-2 ounces) in the specimen container. Hold the cup in such a way that it does not come into contact with skin or clothing.
- TB:** Collect a Mid-Stream Urinalysis specimen (see above for instructions) first thing in the morning on each of 3 consecutive days.
- CYTOLOGY:** *Collect three samples, one sample each day for three consecutive days, in three separate containers.*
 1. After moving around in the morning, pass the entire FIRST urination into the toilet. Of the SECOND urination, pass some urine into the toilet, about 30 mL (1 ounce), then collect at least 60 mL (2 ounces) of urine in the sterile container provided.
 2. Pour urine from the sterile container into the #1 blue top container provided. The container contains a preservative solution ("Cytolyte"). **DO NOT DISCARD THE PRESERVATIVE.** Add enough urine to reach the level indicated on the container (60 mL). Refrigerate until all 3 samples have been collected.
 3. Repeat these instructions for 3 days total. On the last day of collection, please return all 3 samples to the lab.
- 24-HOUR URINALYSIS:** Collect all urine passed in a 24-hour period, e.g. 8 am one day until 8 am the next day. Discard the first morning urine the day you start the collection, and include the first morning urine the next morning.