

Urine collection instructions

Purpose

To allow for the best analysis and diagnosis possible, it is very important that a urine sample is collected *at the right time* and moreover *the right way*.

This leaflet provides you instructions on how to, thereby giving yourself the best chance of getting the most useful and meaningful results.



Urinalysis

Urine analysis, or shortened "*urinalysis*", identifies and measures some of the by-products of normal and abnormal metabolism (digestion), cells, cell fragments, and bacteria in urine. Urinalysis is performed as part of various screening packages to help in the diagnosis of diseases and conditions.

What you'll need

✓ Container

Please collect a urine container from Leeuwenhoek before your appointment.

✓ Label

The container from Leeuwenhoek comes with a label to record required information (see below).

✓ Antiseptic wipe



Taking a sample

1st morning urine

Ideally take a sample from your first morning urine. This is preferred because it is relatively concentrated, increasing the sensitivity of analysis. If you are/were unable to do so, or you accidentally forgot, then the second morning urine is the best option.



Collection

For the collection of the urine sample, please carefully follow these 10 steps:

1. Wash hands with soap and water and dry with a clean towel.
2. *If female*: use the antiseptic wipe to cleanse the vaginal area from front to back. Avoid contamination with vaginal discharge or menstrual blood.
If male: use the antiseptic wipe to cleanse the penis tip in a circular motion.
3. Remove the lid from the container. Avoid touching the inside of the container.
4. Void a small amount of urine into the toilet and stop mid-stream.
5. Void urine into the container. Collect at least 20ml (there is no maximum, but 3 quarters of the container is typically plenty).
6. Close the container with the lid. Make sure it is properly and tightly closed.
7. Wash hands with soap and water and dry.
8. Write your full **name and time of collection** on the label.
9. Place the container into a plastic bag.
10. Take the sample with you for your appointment. If the sample cannot be brought to Leeuwenhoek **within 1 hour**, place the sample in the refrigerator immediately.

Questions? Please give us a ring at 065-6868494 and we'll gladly answer any queries.

Note: If this leaflet was not printed recently, minor updates may have been made since. If unsure, please verify you have the most up-to-date version. The version below should match the current version as available on www.leeuwenhoek.ie (homepage, section Download Leaflets / Instructions).