



Patient Instruction Sheets

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Collection of Mid-Stream Clean Catch Urine Specimen

Materials

Urine collection Kit containing:

- Specimen container with screw-on lid
- Package of towelettes
- Plastic bag

Instructions

- Female
 - Please read instructions before you begin to collect a urine specimen.
 - Wash your hands thoroughly with soap and water, then rinse and dry your hands.
 - Open package of towelettes
 - For the specimen container, unscrew lid and place it beside the container
 - While sitting on the toilet with your legs spread apart, spread the skin around your urinary opening. Keep this skin spread until you have finished collecting the urine specimen.
 - Use a towelette, only one stroke from front to back, wash the skin around your urinary opening and discard the towelette.
 - Continue to keep yourself spread apart, begin to urinate into the toilet
 - After a few seconds of continuous urination and without stopping the flow of urine, fill the Specimen container $\frac{3}{4}$ full, then continue to urinate into the toilet.
 - Screw the lid tightly onto the urine container, place in the plastic bag.
 - Keep urine specimen refrigerated till you are able to deliver to the laboratory for testing
 - **Note;**
 - **Urine should be delivered to laboratory same day urine is collected**

- **If lab orders are not already on file at the laboratory be sure to bring appropriate paperwork with you when you deliver your urine specimen.**

- **Male**

- Please read instructions before you begin to collect a clean voided urine specimen.
- Wash your hands thoroughly with soap and water, then rinse and dry your hands
- Open package of towelettes
- Specimen container, unscrew lid and place it beside the container
- Wash the area around your urinary opening with the moist toilette, using circular motion and passing over the area only once.
- Discard the towelette
- Begin to urinate into the toilet.
- After a few seconds of continuous urination and without stopping the flow of urine, fill the cup about $\frac{3}{4}$ full, then continue to urinate into the toilet.
- Screw the lid tightly onto the urine container, place in the plastic bag.
- Keep urine specimen refrigerated till you are able to deliver to the laboratory for testing.
- **Note:**
 - **Urine should be delivered to laboratory same day urine is collected.**
 - **If lab orders are not already on file at the laboratory be sure to bring appropriate paperwork with you and when you deliver your urine specimen.**



24 Hour Urine Collection

Materials

- **24 Hour Collection Container**
- **Toilet Hat**

Instructions

Please read carefully:

1. For your physician to receive accurate test results you must completely collect all urine that you produce over the 24-hours.
2. Drink your usual amount of liquid during the collection period. Do not drink any alcoholic beverages.
3. Start the 24-hour period at exactly 7:00 a.m.
 - a. Flush the first morning urine,
 - b. Urinate into the toilet hat and pour into the 24-hour urine container provided to you. Collect **All Urine until 7:00 a.m. the next day.**
 - c. On 2nd day at 7:00 a.m., even if you don't feel the need to urinate, empty your bladder into the toilet hat and include this last specimen to complete the 24-hour collection.
4. During the 24-hour period, the urine specimen container should be kept refrigerated or stored in a bucket of ice.
5. **Please Note;** If you forget to save some of the specimen during the 24-hour period, you should discard the urine that you have collected and start over the following day.
6. Label the large specimen container with the following:
 - a. Your Name
 - b. Date of Birth using mm/dd/yyyy format
 - c. Date and time start of collection of 24-hour urine
 - d. Date and time finish of collection
7. Deliver the specimen to the laboratory as soon as possible. Be sure to have the appropriate laboratory requisition with the 24 hour urine container.

8. Please do not leave the laboratory without speaking to a Laboratory Professionals. A blood test may be required along with the 24-hour urine.
9. As always, we are here to serve you and if you have any questions, please feel free to contact us at;
 - a. (505) 913-3110 (Physician Plaza Draw Site)
 - b. (505) 913-5302 (CSV Hospital Lab 24 hour)

Thank you for choosing CSV Laboratory Services for your Laboratory needs!



1631 Hospital Drive, Suite 130
Santa Fe, New Mexico 87505
(505) 913-3110
(505) 913-5302 (24 hour line)

STOOL SPECIMEN COLLECTION

Your kit should contain the following:

- ✓ A collection “hat” to place on the commode.
 - ✓ Gloves
 - ✓ Tongue depressors to facilitate collection
 - ✓ Biohazard bag to return your specimens to the lab
 - ✓ One or more collection bottles
1. Your lab slip and insurance information. Please be sure to bring this information with you so we can run the tests your doctor has ordered for you.
 2. All bottles that are included in your kit must have stool in them.
 3. Bottles that have a preservative in them are to be filled to the fill line indicated on the bottle. Care should be taken when handling these bottles as to not spill the preservatives in them. Keep away from children.
 4. If our kit includes (3) blood occult cards, these must be collected 24 hours apart and can be kept in the biohazard bag, unrefrigerated, until you are ready to return with other specimens.
 5. Every bottle/card must contain the following:
 - a. Patient’s name
 - b. Date of Birth using mm/dd/yyyy format.
 - c. Date and time collected on every bottle or card.
 6. Specimens should be **no more than 2 hours old. Please bring as fresh as possible for the best test results.** Please bring the specimen sealed in the provided Ziploc Biohazard bag. Place your lab slip in the open pouch on the front side of the bag.
 7. If the laboratory at Physicians Plaza is closed, you may take your specimen(s) and lab slip to the main laboratory located at Christus/St. Vincent Hospital, which is open 24 hours 7 days a week.
 8. As always, we are here to serve you and if you have any questions, please feel free to contact us at the above listed telephone number(s).

Thank you for choosing CHRISTUS Health for your Laboratory needs!