

URINE COLLECTION

GENERAL INSTRUCTIONS

RANDOM URINE COLLECTIONS FOR ROUTINE ANALYSIS

A freshly voided urine specimen is adequate for routine urinalysis. Instruct the patient to void directly into a clean, dry container or into a clean, dry bedpan. Transfer the specimen into a collection tube or other appropriate container. Note: If a culture or reflex culture is requested, a sterile collection technique must be used and the specimen transfer is omitted. The first morning voiding is preferred for urinalysis. Collection tubes should contain 12 ml of urine if possible. Gender specific patient teaching sheets are available to instruct patients on clean catch collections.

Specimens from infants and young children can be collected in a disposable collection bag with an adhesive backing around the opening to fasten it to the child. The child can then void directly into the bag. Once filled, the bag is removed and the urine is placed in a collection tube or other appropriate container.

STORAGE/ TRANSPORT

Specimens should be transported to the Laboratory as soon as possible after collection. The pneumatic tube system may be used to transport blood and urine specimens. Specimens must be double bagged and sealed in biohazard bags before transport to the laboratory. If there is a delay, refrigerate the specimen. Refrigerated specimens can be tested for routine urinalysis up to 24 hours after collection. Non-refrigerated specimens must be tested within 8 hours of collection.

URINE COLLECTIONS FOR REFLEX CULTURE AND SENSITIVITY

Clean catch specimens or catheter specimens should be collected in a sterile container. Gender specific patient teaching sheets are available to instruct patients on collecting clean catch specimens.

Specimens should be transported to the Laboratory as soon as possible after collection. If there is a delay, refrigerate the specimen. Refrigerated specimens for Reflex Culture and Sensitivity must be tested within 2 hours of collection.

24 HOUR URINE COLLECTION

For many urine chemistry tests, it is necessary to analyze a sample taken from an entire 24-hour excretion:

1. The collection of the 24-hour urine starts with the patient voiding (completely emptying the bladder) and discarding the first urine passed in the morning. Record the date and time of this void.
2. Except for this first discarded urine, all of the urine passed during that day and night, up to and including the first voiding of the following day, should be collected. Record the date and time of the last void. It should be 24 hours after the first void.

Give the patient both verbal and written instructions utilizing the available patient teaching sheets for 24 hour collections.

Inform the patient of the following recommended collection requirements:

- Patient should avoid alcoholic beverages, vitamins and other medications (check with the physician before any medications are discontinued.)
- A normal intake of fluids during the collection period is desirable unless otherwise indicated by the physician.
- Obtain the proper container from the Laboratory. If necessary, an appropriate preservative will be added to the container by the laboratory.

Updated: February, 2012. Reviewed by: Brian Wierwille, Christine Wilmoth.