PATIENT INSTRUCTIONS

COLLECTING A URINE (CLEAN CATCH)  
(Female)

1. Wash hands with soap and water.
2. Take off lid from cup. **DO NOT TOUCH INSIDE OF CUP OR LID.** Put lid right side up so nothing is touching it.
3. Open the wipe packet and unfold the wipe.
4. Use 2 fingers to open the skin folds where you urinate. With your other hand, wipe the area front to back with wipe. Keep skin folds apart when urinating.
5. After you start urinating, put the cup below the stream of urine and fill the cup at least ½ full with urine. Remove the cup from the urine stream and finish urinating in the toilet.
6. Put the lid on the cup tightly.
7. Wash hands again with soap and water.
8. Write your First and Last name, Date of Birth, Date and Time of urine sample on the cup.
9. Bring the urine-filled cup to the laboratory within 1 hour: refrigerate if unable to bring back to the laboratory within 1 hour.

Call the laboratory with any questions:

- Sharp Coronado   (619)522-3718
- Sharp Chula Vista (619)502-3619
- Sharp Grossmont   (619)740-4492
- Sharp Memorial    (858)939-3650

Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

COLLECTING A URINE (CLEAN CATCH) (Female)

1. Wash hands with soap and water.

2. Take off lid from cup. **DO NOT TOUCH INSIDE OF CUP OR LID.** Put lid right side up so nothing is touching it.

3. Open the wipe packet and unfold the wipe.

4. Use 2 fingers to open the skin folds where you urinate. With your other hand, wipe the area front to back with wipe. Keep skin folds apart when urinating.

5. After you start urinating, put the cup below the stream of urine and fill the cup at least ½ full with urine. Remove the cup from the urine stream and finish urinating in the toilet.

6. Put the lid on the cup tightly.

7. Wash hands again with soap and water.

8. Write your First and Last name, Date of Birth, Date and Time of urine sample on the cup.

9. Bring the urine-filled cup to the laboratory within 1 hour: refrigerate if unable to bring back to the laboratory within 1 hour.

Call the laboratory with any questions:

SCOR (619)522-3718
SCVMC (619)502-3619
SGH (619)740-4492
SMH (858)939-3650

Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

COLLECTING A URINE (CLEAN CATCH)

(Male)

1. Wash hands with soap and water.

2. Take off lid from cup. **DO NOT TOUCH INSIDE OF CUP OR LID.** Put lid right side up so nothing is touching it.

3. Open wipe packet and unfold the wipe.

4. Clean head of penis with wipes. If folds of skin cover the head of penis, pull back the skin to clean the head of penis with wipes.

5. After you start urinating, put the cup below the stream of urine and fill the cup at least ½ full with urine. Remove the cup from the urine stream and finish urinating in the toilet.

6. Put the lid on the cup tightly.

7. Wash hands again with soap and water.

8. Write your First and Last name, Date of Birth, Date and Time of urine sample on the cup.

9. Bring the urine-filled cup to the laboratory within 1 hour: refrigerate if unable to bring back to the laboratory within 1 hour.

**Call the laboratory with any questions:**

Sharp Coronado    (619)522-3718
Sharp Chula Vista  (619)502-3619
Sharp Grossmont    (619)740-4492
Sharp Memorial     (858)939-3650

Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

COLLECTING A URINE (CLEAN CATCH)
(Male)

1. Wash hands with soap and water.

2. Take off lid from cup. **DO NOT TOUCH INSIDE OF CUP OR LID.** Put lid right side up so nothing is touching it.

3. Open wipe packet and unfold the wipe.

4. Clean head of penis with wipes. If folds of skin cover the head of penis, pull back the skin to clean the head of penis with wipes.

5. After you start urinating, put the cup below the stream of urine and fill the cup at least ½ full with urine. Remove the cup from the urine stream and finish urinating in the toilet.

6. Put the lid on the cup tightly.

7. Wash hands again with soap and water.

8. Write your First and Last name, Date of Birth, Date and Time of urine sample on the cup.

9. Bring the urine-filled cup to the laboratory within 1 hour; refrigerate if unable to bring back to the laboratory within 1 hour.

Call the laboratory with any questions:

Sharp Coronado   (619)522-3718
Sharp Chula Vista (619)502-3619
Sharp Grossmont   (619)740-4492
Sharp Memorial   (858)939-3650

Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

INSTRUCTIONS FOR TIMED URINE SPECIMEN COLLECTION

NOTE: Some tests require that you have a special diet. Please check with your doctor to find out if you need to follow any special diet or if you need to change your medications in any way before or during collection of this specimen.

1. Get urine containers from the laboratory. If you are on medication that makes you urinate frequently (water pills), you should ask for an extra container. Urine containers should have a label with your name on them.

2. To start the collection, urinate into the toilet to empty your bladder. Write this time on the label as the "Start Time".

3. Save all urine from this point on until the collection time is reached. (See example below.)

4. During the collection time, keep the urine in the refrigerator or on ice.

5. When the time of collection is up, urinate one last time into the container.

6. Write this time on the label as "End Time".

7. Bring the specimen container back to the lab as soon as you can.

8. Some tests require that you have your blood drawn when you return your urine to the laboratory.

Examples:
If you are collecting a 24 hour specimen, and you empty your bladder at 9:00am on Monday, you will collect all urine after that and collect your last amount at 9:00am on Tuesday.

If you are collecting a 5 hour urine specimen, and you empty your bladder at 9:00am, you will collect all urine after that and collect your last amount at 2:00pm that same day.

Call the laboratory with any questions:

Sharp Coronado    (619)522-3718  
Sharp Chula Vista  (619)502-3619  
Sharp Grossmont    (619)740-4492  
Sharp Memorial     (858)939-3650  

Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

COLLECTION OF PEDIATRIC URINE SPECIMEN

1. Place the infant/child on his back; remove diaper/pants.

2. Spread the legs as far apart as possible or have another person hold legs apart if needed.

3. Wash the penis/genital area well with towelettes. Be sure to pull back the foreskin if uncircumcised boy and wash the tip of the penis. Be sure to open the folds on a girl while washing. Allow the area to dry.

4. Open the U-Bag, peel off the top covering and press to the top area of the genital. Remove the bottom covering and press to fit the genitals. Do not touch the inside of the U-Bag.

5. Check the bag often for urine. Once there is urine in the bag, remove the bag and place the bag in another container with a screw cap lid.

6. Label the container with the following information:
   Patient's First and Last name
   Date of Birth
   Date and Time of collection
   Type of Specimen: “Urine”

7. Bring the urine specimen to the laboratory immediately. If you cannot bring it to the lab right away, place the container in the refrigerator. You must bring the urine to the lab within 8 hours from time of collection.

Call the laboratory with any questions:

Sharp Coronado  (619)522-3718
Sharp Chula Vista  (619)502-3619
Sharp Grossmont  (619)740-4492
Sharp Memorial   (858)939-3650

Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

COLLECTION OF SPUTUM

Sputum is not the same as saliva. Sputum is a thick and sticky substance that comes from the lungs. It is also known as “phlegm” Saliva is thinner in consistency and comes from the mouth. Sputum is brought up by coughing deeply.

The best time of day to collect a sputum specimen is early in the morning in order to bring up what has settled in the lungs during the night. Taking a hot shower will make sputum easier to cough up.

1. Cough up at least 5cc of sputum directly into the container given to you. (Note the markings on the side of the container showing how much has been collected.) If necessary, you may add to the collection until you have enough, but it must be from the same day.

2. Make sure the lid is on the container after collection.

3. Label the container with the following information:
   - First and Last name
   - Date and Time of collection
   - Date of Birth
   - Type of specimen: “Sputum”

4. Bring the sputum to the laboratory within one hour of collection. Refrigerate the specimen if it will take longer than one hour to get the specimen to the lab.

IMPORTANT NOTE: If you are not able to cough up sputum, let your doctor know. Results should be available to your doctor after three working days. Fungus and AFB cultures take several weeks for completion.

Call the laboratory with any questions:

Sharp Coronado   (619)522-3718
Sharp Chula Vista (619)502-3619
Sharp Grossmont   (619)740-4492
Sharp Memorial   (858)939-3650

Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

COLLECTION OF PINWORM SPECIMENS

1. Collect the specimen first thing in the morning before the patient has a bowel movement or urinates.

2. Have the patient bend over. Separate the buttocks so you can see the anus.

3. Gently press the sticky side of the paddle to the skin around the anal folds.

4. Return the paddle to the test tube and take it to the laboratory.

5. Write the patient’s First and Last name, Date of Birth, Date and Time of collection.

Call the laboratory with any questions:

Sharp Coronado   (619)522-3718
Sharp Chula Vista (619)502-3619
Sharp Grossmont   (619)740-4492
Sharp Memorial    (858)939-3650

Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

GLUCOSE TOLERANCE TESTING

1. Eat as you normally would for at least three days before the test.

2. You must eat nothing except water for at least 8 hours before the test, but do not go more than 16 hours without eating before the test. This includes gum, mints, and hard candy.

3. Testing should begin before 10:00AM. The test will start with taking a blood sample, then you will be given a sugar solution to drink.

4. For pregnant patients: blood samples will be taken every hour for 3 hours. For all other patients: blood samples will be taken at 1 hour, 1 ½ hours, 2 hours, and 3 hours.

   Do not do any exercising during the test. Walking short distances (5 minutes or less) is permitted. Please return to the lab 5-10 minutes before each time your blood needs to be taken.

5. During the test, do not smoke, take medications, eat or drink anything except water.

6. If feeling sick to your stomach or light headed, or if you have vomited, please inform the laboratory staff.

7. Please schedule your glucose tolerance test by calling for an appointment with one of the labs listed below.

   Call the laboratory with any questions:
   
   Sharp Coronado   (619)522-3718
   Sharp Chula Vista (619)502-3619
   Sharp Grossmont   (619)740-4492
   Sharp Memorial    (858)939-3650

   Results will be available from the patient’s physician.
PATIENT INSTRUCTIONS

COLLECTING A STOOL SPECIMEN FOR ROUTINE CULTURE, OVA & PARASITES, C. DIFFICILE, OR OTHER TESTS

Check test(s) sample being collected for:

- [ ] Routine Culture (Single vial Para-Pak C&S)
- [ ] O&P (Ova & Parasites, Single Black Top Total Fix Vial or Green Top EcoFix Vial)
- [ ] Cryptosporidium/Giardia Rapid Antigen, Single Black Top Total Fix Vial or Pink Top Formalin Vial
- [ ] Fresh Stool for: ______________________________________________________________________
  (Clostridium difficile, rotavirus, other miscellaneous tests, clean, empty container with lid.)

1. Talk with laboratory personnel before collecting a stool specimen if you have taken any of the following:
   - Antacids (Maalox, Mylanta, Tums)
   - Barium
   - Bismuth (Pepto-Bismol)
   - Anti-diarrheal medications (Kaopectate, Imodium)
   - Oily laxatives (Mineral Oil)

2. If your doctor has ordered more than one Ova and Parasite, a new specimen must be collected every other day.

3. Collect the stool into a container or create a plastic bag by stretching a piece of plastic wrap across the toilet seat. A well cleaned and dried milk carton, cut so as to remove the upper part can also be used. The specimen must not be mixed with urine or water.

4. For Ova and Parasite and routine culture, use the spoon attached to the lid of the container and place enough stool in each container to bring liquid level up to the "fill to here" line. It is best to use bloody, watery or mucous parts of the stool for testing. If necessary you may use stool from more than one bowel movement during the same day to fill these containers. Then skip a day if additional Ova and Parasite samples are needed. For C. difficile or other stool tests, put about 1 teaspoon of fresh stool into the clean empty container.

5. If the containers you were given have liquid in them, screw the lids on the containers and shake to mix. Write your first and last name, date and time of collection on the container(s). Make sure that you check the box best describing the consistency of stool. (Formed-hard; Soft-squishy; Loose-clumpy; Watery-liquid) If submitting a fresh specimen, be sure the clean container's lid is well sealed. If not previously labeled, write your First name, Last name, Date of Birth, and Date and Time of collection on the containers.

6. Bring fresh specimens within 2 hours after collection to the laboratory. Specimens mixed with the liquid should be submitted within 1 week.

Call the laboratory with any questions:
Sharp Coronado   (619)522-3718
Sharp Chula Vista (619)502-3619
Sharp Grossmont   (619)740-4492
Sharp Memorial    (858)939-3650

Results will be available from the patient’s physician.