

# Laboratory Services

## Random/Routine Urine Collection

Your doctor has ordered some tests that require a random/routine urine specimen. Below are instructions for collecting a urine specimen. It is important to follow these instructions. Any changes may result in inaccurate test results. If you have any questions, be sure to ask your care provider for assistance.

Read through all instructions before beginning.

### COLLECTION and TRANSPORTATION INSTRUCTIONS

- **Collecting the Specimen - Female**

- Wash your hands with soap and water; rinse; dry with a paper towel.
- Open container and place lid on counter with sterile side up.
- Use the dominant hand to cleanse the urethral area with antiseptic swabs (cotton balls or gauze), moving from front (above the urethral orifice) to back (toward the anus). Using a fresh swab each time, employ the front-to-back motion first with the left side, then the right side, and then down the center. Again, using a fresh swab each time, repeat the process.
- While continuing to hold labia apart, start to urinate into toilet.
- After beginning to urinate, quickly place specimen container/collection cup into the urine stream. Continue urinating until you have either filled the container/cup or collected as much urine as possible before completely emptying bladder, remove the container/cup and continue to void.

- **Collecting the Specimen - Male**

- Wash your hands with soap and water; rinse; dry with a paper towel.
- Open container and place lid on counter with sterile side up.
- Hold penis with one hand and if uncircumcised, retract the foreskin before cleansing. Using a circular motion and an antiseptic swab, cleanse the urethral opening, moving from center to outside.
- While continuing to retract foreskin, start to urinate into toilet.
- After beginning to urinate, quickly place specimen container/collection cup into the urine stream. Continue urinating until you have either filled the container/cup or collected as much urine as possible before completely emptying bladder, remove the container/cup and continue to void.

- **Female and Male**

- Replace cap on to container and securely close.
- Cleanse urine from exterior surface of container, as needed, and place in the area designated by your care provider (patient bathroom, lab bathroom cupboard, etc.).
- Wash your hands with soap and water; rinse; and dry with paper towels.
- 10-12 cc of urine sample should be submitted for analysis.
- Samples should be brought to the lab in a clean container as soon as possible after collection.
- Sample should be put on ice or refrigerated if there is a delay in bringing the sample to the lab.

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Label the specimen with patient's full name, date of birth, date/time of collection, and doctor that ordered the sample.

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