

## **Urine Collection**

### **Random Collections**

For routine analysis and microscopic evaluation, have patient void into a clean container. Specimen should be capped, labeled, and refrigerated until transported to laboratory. A clean-catch or midstream specimen is preferred except for STD screen urine, which should be the first urine voided.

If delays are anticipated in sending specimen to laboratory, specimen should be refrigerated should any culture work also be desired or indicated.

Appointments for patients requiring catheterized urine specimens may be made through the Scheduling Office at 573-331-5111.

### **24-Hour Collections**

Because proper collection and preservation of 24-hour urine specimens are essential for accurate test results, patients should be carefully instructed in the proper procedure. Patient should consume normal amount of liquids unless otherwise instructed by physician. No alcoholic beverages should be consumed during this period.

24-Hour urine collection containers may need a preservative prior to collection. Please consult specific tests in the alphabetical test listing of this catalog. Use the following procedure for correct specimen collection and preparation:

1. If needed, laboratory will add proper preservative to container. Technologist will indicate on label if any preservative has been added. Special instructions to patient will also be included, if necessary.
2. Warn patient of presence of potentially hazardous preservatives in collection container.
3. At start of procedure, have patient empty their bladder. Note exact time and discard this urine.
4. Save all urine collections during the next 24 hours, keeping collection on ice during entire 24-hour period.
5. Exactly 24 hours after time noted previously, bladder should be emptied and this urine added to collection container.
6. The entire 24-hour specimen is to be delivered to the laboratory with a completed requisition. For referral sites, courier is available to pick up specimen.
7. If only an aliquot of the specimen is to be sent to laboratory, please mix well before aliquoting and provide total volume of 24-hour urine collection.
8. Container must be labeled with the following information: patient's name (first, last, and middle initial), medical record number (if appropriate), date of birth and/or Social Security number, date and time of collection, type of specimen, doctor's name, and test ordered.  
**Note:** Creatinine clearance requires patient's height and weight and may be indicated on the order request. In addition, a serum specimen must be obtained.
9. Twenty-four hour urine collections may be started at the convenience of the patient or per physician's request. Always keep specimen on ice.  
**Note:** As a general rule, 24-hour collections should not be started if collection of urine is to be interrupted by either a surgical or X-ray procedure.
10. Because proper collection and preservation of 24-hour urine specimens are essential for accurate test results, patients should be carefully instructed in proper procedure. See "Specimen Collection and Preparation" in "General Information" for instructions to give to patients with 24-hour urine collections.

### **Clean-Catch, Midstream Collections**

For a clean, midstream catch urine, patient should first void a small amount of urine, which should be discarded. Some of the urine should then be collected in a clean container before voiding is completed.

#### **Cleansing Preparation Prior to Collection:**

##### **Males**

1. Prepare Towelette® by opening packages (do not remove Towelette® until ready to use), and place them on sink. Take top off of plastic urine container, and set it on edge of sink. Set Towelettes® and container so that they can be reached while urinating.
2. Holding back foreskin with 1 hand, if necessary, use first Towelette® to wash end of penis. Discard first Towelette® in wastebasket.
3. Continue holding back foreskin and gently rinse end of penis using second and third Towelette®, discarding them in wastebasket when done.
4. Continue holding back foreskin and begin to urinate into toilet.

## Females

1. Prepare Towelette® by opening packages (do not remove Towelette® until ready to use), and place them on sink. Take top off of plastic urine container, and set it on edge of sink. Set Towelettes® and container so that they can be reached while urinating.
2. Pull panties below knees so they will not interfere with urine collection. With 2 fingers of 1 hand, hold outer folds of vagina apart. With other hand, gently wash vaginal area from front to back, using first Towelette®. After this step, throw away first Towelette® in wastebasket.
3. Still holding outer vaginal skin away from opening through which urination takes place, rinse area from front to back using Towelette® #2, discard, and then repeat with Towelette® #3.
4. Continue holding outer vaginal folds apart and begin to urinate into toilet. Lean slightly forward so that urine flows directly down without running along skin.

## Collections for Cultures

Urine specimens collected for culture, sensitivity, and colony count should be placed in refrigerator until delivered to laboratory. (This is necessary because microbial organisms multiply at ambient temperature with a 2-fold increase in numbers at 20 to 30 minute intervals.) This helps to produce an accurate colony count.