

Collecting your urine for lab testing

Wash your hands thoroughly before beginning the procedure.

Instructions for women

1. Use a soap towelette to cleanse your vulva and perianal area, passing the towelette from front to back.
2. Repeat cleansing with a second towelette.
3. Remove the lid from the sterile cup.
4. Start to urinate directly into the toilet. Stop urinating and position the container to collect the urine specimen. Do not fill to the top.
5. Secure the lid tightly and confirm that your full name and birth date are written on the container.

Instructions for men

1. Retract the foreskin from your penis if necessary. Use a soap towelette to cleanse your penis, passing the towelette from the tip to the base.
2. Repeat cleansing with a second towelette.
3. Remove the lid from the sterile cup.
4. With your foreskin retracted, start to urinate directly into the toilet. Stop urinating and position the container to collect the urine specimen. Do not fill to the top.
5. Secure the lid tightly and confirm that your full name and birth date are written on the container.

Instructions for 24-hour urine specimens

If your physician requires you to collect all urine for a 24-hour period, follow these instructions carefully so the test results are as accurate as possible. If you miss collecting any urine during the 24-hour period, discard the entire specimen and start over using a new collection container. To ensure the integrity of the specimen, collect your urine into the specific collection container given to you. Contact Lab Client Services at 800-695-6491 if you need an additional container.

1. On the beginning of the day of collection, note the time you get up and empty your bladder into the toilet as usual. Do not save this urine in the collection container.
2. Collect every urine specimen after the first one in the container (which may also contain a liquid or tablet preservative). Keep the container on ice in your bathroom or in your refrigerator during the collection period until the entire specimen is delivered to the laboratory or to your doctor's office.
3. It is important to collect all urine for the 24-hour period. If you get up during the night, be sure to add that urine to the container. Your doctor needs the total volume of all specimens for accurate results.
4. Get up the next morning at approximately the same time as the previous day. Collect your first urine specimen in the container. This will be the last specimen of the collection period.
5. Label the container with your first and last name along with the start time, end time and dates of the collection. Keep the container cold and deliver it to your doctor's office or the laboratory as soon as possible, preferably on the day that the collection is complete.