

Urine Collection

Clean-Catch, Midstream Specimen

Collect a clean-catch, midstream urine specimen as follows:

Males

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

Females

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

After the first few teaspoons, place screw-capped, sterile container under the stream of urine and collect the rest of the urine in the container. After collection, tighten the cap on the container securely and wash any spilled urine from the outside of the container.

24-Hour Urine Collections

SMDC Laboratories provides 24-hour urine collection containers. The laboratory may add a preservative to the container depending on the test ordered. The container must be labeled with the patient's identification, test requested, preservative used, and appropriate preservative cautions.

Note: A quantitative urine determination refers to a 24-hour urine collection (ie, quantitative urine calcium = "Calcium, 24 Hour, Urine."

Use the following procedure for the correct specimen collection and preparation.

1. Warn the patient of the presence of potentially hazardous preservatives in the collection container.
2. Begin the 24-hour collection by having the patient empty his/her bladder at a fixed time and discard the specimen. Note the date and time that the collection started.
3. The patient should collect all subsequent voided urine for the next 24 hours. Refrigerate the specimen throughout the collection.
4. End the collection 24 hours after it began by having the patient empty his/her bladder and add this specimen to the collection container.
5. Return the completed collection to the laboratory.
6. Please mix well before aliquoting and provide the total volume of the 24-hour urine collection.

Random Urine Collections

For routine analysis and microscopic evaluation, have the patient void into a clean container. The specimen should be capped, labeled, and refrigerated until courier pickup time. A "clean-catch" or midstream specimen is preferred. The patient should first void a small amount of urine which is discarded. Some of the urine should then be collected in a clean container before voiding is completed.

If delays are anticipated in sending the specimen to the laboratory, a portion of the specimen should be aliquoted into a grey urine culture transport tube (boric acid) should any culture work also be desired or indicated.

Timed Urine Collections

The 24-Hour Urine Collection instructions may be adapted to a timed urine collection of any duration by substituting the desired number of hours in place of 24.