

Home Urine Collection

1. **REMINDER**-This is a sterile container. Do not open until you are going to use it for urine collection. ***Only sterile containers are accepted.***
2. Wash hands thoroughly with soap and water prior to collection.
3. Follow mid-stream clean catch instructions below.
4. Return the sample to the Logan Health Outpatient Laboratory Services site or the Main Hospital Laboratory as soon as possible.

Specimen Rejection:

- Specimen submitted in a non-sterile container.
- Specimen is not refrigerated immediately or refrigerated for longer than 24 hours.
- Clean catch urine specimens with 3 or more organism will be deemed contaminated.
- A specimen from a patient that has taken PYRIDIDIUM, a fluorescent dye procedure or any other medication or food products that causes color changes in urine (Asparagus, Beets, Blackberries and rhubarb).



Kits are provided by Medical Clinics, Outpatient Lab Services site or Main Laboratory

Collection Instructions – Midstream/Clean Catch

1. Wash your hands thoroughly with soap and water.
2. Open the 3 towelettes leaving them in the package and place them on the clean sink area next to the toilet.
3. Take the top off the sterile urine container and place it on the clean sink area. Do not touch the inside of the sterile container.

Female Cleansing Instructions



- While sitting on the toilet, hold the outer folds of the vagina apart with one hand. With the other hand, wash the vaginal area from the front to the back using the first towelette.
- Repeat the cleaning process with the 2nd and 3rd towelette.
- Continue holding the outer vaginal folds apart and begin to urinate into the toilet. After the first few teaspoons, place the sterile container under the stream of urine and collect the rest of the urine in the sterile container. (1/4 cup is adequate)

Male Cleansing Instructions



- Hold back the foreskin if necessary, and gently wash the end of the penis with one towelette.
- Repeat the cleaning process using the 2nd and 3rd towelette.
- Continue holding back the foreskin and urinate into the toilet. After the first few teaspoons, place the sterile container under the stream of urine and collect the rest of the urine in the sterile container. (1/4 cup is adequate)

4. Securely tighten the cap on the sterile container.
5. Label the container with patient's legal name (first & last), date of birth, date and actual time of collection.
6. Return the sample to the Outpatient Laboratory Services site with your blood collection appointment or the Main Hospital Laboratory as soon as possible.