

Urine Specimen Collection

General instructions for urine collection

- Wash hands thoroughly before opening the urine container.
- Clean the genital area (preferably with wet neutral wipes or dry toilet paper if wipes are not available).
- Men—gently retract foreskin (if present) as far as possible.
- Women—gently separate labia (skin flaps covering vagina).
- Our staff or your doctor will advise you on which part of the urine stream is required according to the test requested.

First catch urine

- First catch urine specimen is the first part of the urine stream when you first begin to void.
- This part of urine is required for most of STI PCR testing.
- To collect this specimen, void urine straight into the container provided and collect at least 30ml (half jar).
- Finish voiding the bladder the remaining urine into the toilet.

Midstream Urine

- This specimen is the middle part of the urine stream after voiding some urine into the toilet.
- This part of urine is required for most M/C/S testing and cytology testing.
- To collect this specimen, pass a small amount of urine directly into the toilet, then collect at least 30mL of urine into the specimen container provided.
- Finish voiding the bladder the remaining urine stream into the toilet.

NOTES:

- Most other testing do not matter whether the urine is first catch or midstream. Follow the instructions provided by your service provider.
- **Always** replace the lid of the container tightly and securely to avoid leakage and specimen contamination.

- **Always** confirm that the specimen is labelled with your full name, date of birth, and the time & date of collection to avoid specimen being rejected.
- Place the specimen into the zip lock pocket of the specimen bag and request form on the outer pocket of the specimen bag.
- If you are unable to deliver the specimen immediately to a pathology collection centre or your doctor's clinic, refrigerate the sample (2-8°C) within 2 hours of collection. **DO NOT** freeze the specimen.
- If you are required to provide urine specimen over **consecutive days**, for example, for urine cytology testing, refrigerate day 1 and day 2 specimens and on day 3 after collecting the third specimen, bring all the three specimens to the collection centre or your doctor's clinic. Ensure that each container is labelled with the date and time collection was done to ensure accurate reporting.
- **Timed urine** collection is a specialised testing and separate instructions will be provided. Please speak with Mater Pathology staff.

Further enquiries, contact 07 3163 8500