

# HOSPITAL DISTRICT OF SOUTHWEST FINLAND

## **PROVIDING A URINE SAMPLE (U-BaktVi 1155, U-Inf 12520, U-Partik 1940, U-Diffi 1941, U-KemSeul 1881)**

Ideally, urine samples for testing of urinary tract diseases should either be the first urine voided in the morning or urine that has been in the bladder for at least 4 hours. Daytime urine samples may also be used for examining symptomatic urinary tract infections.

### **Materials**

1. Urinary sample container with a lid (volume 120 ml, Fig. 1), available at the laboratory
2. One or several vacuum test tubes (Fig.1)
3. Plastic bag and stickers for name

### **Females: instructions for urinary sampling**

1. Wash your hands.
2. Open the lid of the sample container and put it on the table inside up.
3. Do not touch the inside of the container or lid.
4. Spread your labia and rinse your genitals with a hand shower.
5. Dry gently with toilet paper moving from front to back.
6. Let some urine go into the toilet.
7. Then, without interrupting the urine stream, fill the container about 2/3 full with urine.
  - Let the rest of the urine go into the toilet.

### **Males: instructions for urinary sampling**

1. Wash your hands.
2. Open the lid of the sample container and put it on the table inside up.
3. Do not touch the inside of the container or lid.
4. Pull back the foreskin and rinse the opening of the urethra with a hand shower or 3–4 times with clean, moistened toilet paper. Use a new, clean piece of toilet paper each time.
5. Let some urine go into the toilet.
6. Then, without interrupting the urine stream, fill the container about 2/3 full with urine.
  - Let the rest of the urine go into the toilet.

### **Transferring the urine sample from the sample container to the test tubes**

#### Do not open the cap of the test tube!

1. After passing urine into the sample container, close the lid firmly and remove the protective sticker on the lid. Keep the sticker, you will need it soon.
2. Place the sample container on a table.
3. Transfer the urine sample from the container into the tube like this:
  - Press the test tube cap down against the needle all the way to the bottom of the sample container until urine flows into the test tube.
  - Let the flow continue until the test tube is filled with urine to the upper part of the label and the flow of urine stops (Fig. 2).

- Replace the protective sticker on the lid to cover the filling hole.
  - Rock each test tube gently upside down and downside up 5–10 times. This makes the preservative in the test tube mix properly with the urine sample. **Do not shake the tubes** (Fig. 3).
4. **Write your name, social security number, sampling date and sampling time on the stickers that came with the materials from the lab.**
  5. **Attach a sticker with your name to each tube.**
  6. If you do not have stickers with your name, hand the tubes personally over to the laboratory nurse when you bring the tubes to the laboratory. The laboratory nurse will see to it that the tubes are labeled properly. **Tubes with no name stickers will not be examined by the laboratory.**
  7. Place the tube into the plastic bag.



Fig. 1. Test tubes and sample container for urine sample



Fig 2. How to fill tubes



Fig 3. How to rock the tubes 5–10 times

Take the tubes with the urinary samples as soon as possible (on the same day) to the laboratory.

The sample can be stored only for 8 hours at room temperature. The samples may not freeze. You may dispose of the urinary sample container with your regular kitchen waste.

Please contact the department or outpatient clinic if you have questions regarding the sampling procedure for this examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

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This instruction is intended for our patients who are in a care relationship.