
Providing a urine sample (U-BaktVi 1155, U-Solut 1940, U-KemSeul 1881)

This instruction is intended for printing. The instructions include a form to be filled in.

The best sample is the first urine in the morning or the urine that has been in the bladder for at least four hours after that.

Materials

1. Urinary sample container with a lid (volume 120 ml, Figure 1), available at the laboratory.
2. One or several vacuum test tubes (Figure1).
3. Plastic bag and stickers for name.

Instructions for urinary sampling, females

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 the labia and rinse the 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.

Instructions for urinary sampling, males

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.
 - Wait calmly until the urine stops flowing into the tube (Figure 2).
 - Replace the protective sticker on the lid to cover the filling hole.
 - Rock each test tube gently upside down and downside up 8–10 times. This makes the preservative in the test tube mix properly with the urine sample. **Do not shake the tubes** (Figure 3).
4. **Write your name, social security number, sampling date and sampling time on the stickers provided. Attach the stickers to each tube.**
5. Place the tubes into the plastic bag.
6. Give the tubes to the laboratory nurse when you bring them in for examination.
7. In addition, fill in the preliminary information form if you return the samples to the sample container pick-up and return machine.
8. **The laboratory will not analyze anonymous samples.**

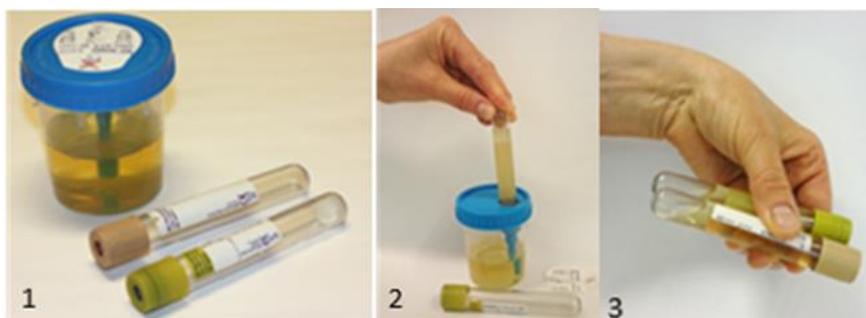


Figure 1 Test tubes and sample container for urine sample

Figure 2 How to fill tubes

Figure 3 How to rock the tubes 8–10 times

Bring the sample tubes to the laboratory's sampling point as soon as possible during its opening hours or according to the instructions given to you by the treatment ward. The samples must not freeze.

Empty the urine sample jar and dispose of it at home with normal household waste.

If you have problems with sampling, you can contact the ward outpatient clinic that requested the test or laboratory. You may ask the test result at the hospital unit where you are being treated.

Updated 26.2.2025 Preanalytic team

Pre-information form

Name: _____

Social security number: _____

Date and time of sample collection: _____

How long has the urine been in the bladder?

More than 4 hours Less than 4 hours

Is the sample collected right after a nights rest?

Yes No

How is the sample collected?

Uninterrupted stream

One-time catheterization

Long-term catheter

Cystofix