

Collecting a urine sample, basic urinalyses

Preparations

A reliable result can be obtained from a urine sample when you refrain from urinating for at least four hours prior to sampling. Take the sample in the morning. If you need to go to the toilet at night, collect the sample only when you have refrained from urinating for at least four hours.

Sampling kits

Sampling kits are available from the laboratories of SataDiag or from your local health centre.

Contents of the sampling kit:

A container with a blue lid and a sample tube or tubes.

Note! Do not open the caps of the tubes.

Be careful with the sharp needle on the sample container. Illustrated instructions are also included on how to use the container and how to fill the sample tubes.

Instructions for washing and urinating for women:

1. Wash your hands.
2. Spread the labia and wash the genital area using a hand shower. If you do not have a hand shower, use moistened toilet paper. Use each slip of toilet paper only once. Do not use soap.
3. Dry with clean toilet paper by wiping gently from front to back.
4. Open the lid of the sample container. Do not touch the inner surface of the container.

5. Urinate first to the toilet bowl. Then fill about 2/3 of the container with urine. Do not stop urinating. You may discharge the rest of the urine into the toilet bowl.

Instructions for washing and urinating for men:

1. Wash your hands.
2. Pull back the foreskin and wash the opening of the urethra using a hand shower or 3-4 moistened slips of clean toilet paper. Do not use soap.
3. Open the lid of the sample container. Do not touch the inner surface of the container.
4. Urinate first to the toilet bowl. Then fill about 2/3 of the container with urine. Do not stop urinating. You may discharge the rest of the urine into the toilet bowl.

Fill the sample tubes right away. Follow the illustrated instructions.

Make sure that the sample tubes has your:

- name
- personal identity number
- sampling date and time.

Place the tube or tubes into the plastic bag. Close the bag tightly.

Storing and returning the sample

Bring the sample tube or tubes to the laboratory. The brown sample tubes can be stored for four hours if refrigerated. The

green sample tubes can be stored for 24 hours at room temperature. Do not freeze.

Transferring the urine into sample tubes using the sample container

The sampling kit

- A sample (adapter) container with a needle under the protective sticker on the lid. Use the needle to fill the sample tube. The needle is sharp do not touch it. Open the lid by turning it. The lid comes off easily if you do not press it.

Please note!

Do not touch the inner surface of the container.

- One to four sample (vacuum) tubes.

Please note!

The tubes with green caps contain a preservative. Do not open!

Sampling

Take the urine sample as instructed.

Transferring the sample into sample tubes

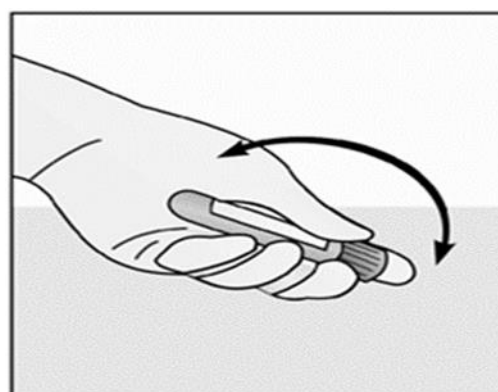
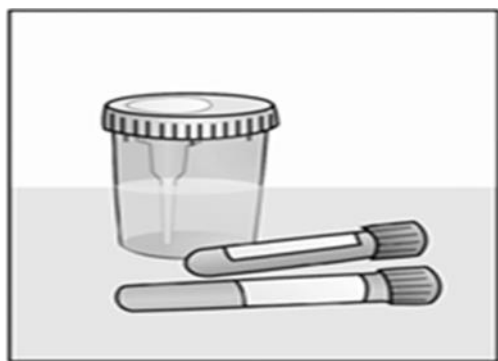
Peel off the protective sticker on the lid. Press the cap of the sample tube firmly against the needle on the container lid; press in all the way. The urine will flow into the tube. Hold on to the tube as it fills. Wait until the tube is full of urine. Once the tube is full, detach it from the sample container. Place the protective sticker back on the lid to cover the hole.

Handling the tubes

Mix the contents by turning the tube slowly up and down 6–10 times.

Discard the container with household waste.

Be careful with the needle on the container.



Contact information

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