

Providing a urine sample (U-BaktVi 1155, U-Solut 1940, 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, 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.
 - 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 (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 that came with the materials from the lab.**
5. Attach a sticker with your name to each tube.
6. Hand the tubes over to the laboratory nurse when you bring the tubes to the laboratory.
7. Tell the laboratorian did you take the urine sample when you urinated the first time in the morning. **If the sample was not taken during the first urination in the morning, tell the laboratorian if the time from your previous urination before taking the sample was more than four hours or less than four hours.**
8. **The laboratory will not analyze anonymous samples.**
9. Place the tubes into the plastic bag.

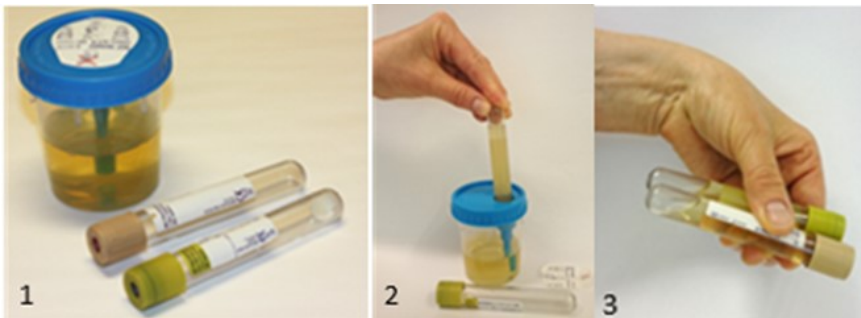


Figure 1 Test tubes and sample container for urine sample

Figure 2 How to fill tubes

Figure 3 How to rock the tubes 8–10 times

Deliver the test tubes as soon as possible after providing the sample **to the sampling station of the laboratory. Do this on the same days as when you took the sample** and during the office hours of the sampling station. If you have received other instructions from the ward regarding sample delivery, please follow those instructions. The samples can be stored only for a maximum of 8 hours at room temperature. Please keep in mind that the samples may still need to be transported from the hospital laboratory to the final analyzing laboratory. 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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