

Erythrocytes in the urine (U-ErytDys, 4210)

The aim of the laboratory test is to find out the cause of the hematuria (blood in the urine).

How to prepare yourself for the test

1. Avoid strenuous physical exercise on the day preceding the test and on the morning of the test.
2. Have your normal breakfast, unless fasting samples will be taken at the laboratory at the same time.
3. The sample should **not be taken later than 2 hours** after the previous urination.
4. **The best sample for this test is the second urination of the day (i.e. after your first morning urination).**

Providing the sample

1. Empty your bladder normally at home.
 2. Go to the laboratory so that there will be enough time to take the urine sample within two hours from the first urination at home.
 3. The only place you may give the urine sample for this laboratory test is at the laboratory unit TC1 (Tyks T-Hospital).
 4. The referring department has reserved the time for you at the laboratory.
 5. Exceptions to providing the urine sample.
- If it is absolutely impossible for you to come to the laboratory to give the sample from the second urination of the day, it is possible to examine samples taken later during the day.
 - However, the time from the previous urination to the time you provide the sample for testing must be **less than 2 hours**.
 - If you have difficulties in providing the urinary sample at the laboratory, you may increase urine production by drinking 1–2 dl of water. Avoid excessive drinking, because it dilutes the urine.

Instructions for washing and urinating for women

1. Wash your hands.
2. Open the lid of the sample container. Put the lid inner side upwards on a table.
3. Do not touch the inner surface of the container.
4. Spread the labia and gently wash the genital area using a hand shower.
5. Dry with clean toilet paper by wiping gently from front to back.
6. Urinate first to the toilet bowl.

7. Then fill about 2/3 of the container with urine without stopping urinating.
 - You may discharge the rest of the urine into the toilet bowl.
8. Close the lid firmly.
9. Return the sample container to the staff of the laboratory unit.

Instructions for washing and urinating for men

1. Wash your hands.
2. Open the lid of the sample container. Put the lid inner side upwards on a table.
3. Do not touch the inner surface of the container.
4. Pull back the foreskin and wash the opening of the urethra using a hand shower or 3-4 moistened slips of clean toilet paper. Use a clean sheet each time.
5. Gently dry the urethra opening with toilet paper.
6. Urinate first to the toilet bowl.
7. Then fill about 2/3 of the container with urine without stopping urinating.
 - You may discharge the rest of the urine into the toilet bowl.
8. Close the lid firmly.
9. Return the sample container to the staff of the laboratory unit.

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

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