



# Instructions for Urine Collection

- Urine collection should be a second morning, clean-catch voided urine specimen.
- Please collect 60 mL of urine. A minimum volume of at least 33 mL of urine is required.
- Immediately store urine in the refrigerator (4°C) until ready for transport.
- Pre-freeze the cold packs on a flat surface to ensure they are ready for specimen packaging and transport.
- Do not collect/ship urine specimens on a Saturday.

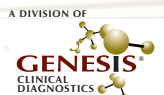


1. Have the patient collect a second morning voided clean-catch urine specimen in the urine collection cup provided. Please collect 60 mL of urine. A minimum volume of at least 33 mL of urine is required.
2. Collect a **UroSwab**<sup>®</sup> for molecular testing, Pour 2ml of urine into the **UroSwab**<sup>®</sup> vial. A minimum volume of at least 1ml of urine is required. Replace the sponge swab back into the **UroSwab**<sup>®</sup> transport vial.
3. To prevent leakage, be sure both containers are tightly capped.
4. Label both containers with a minimum of two patient identifiers such as name and date of birth.
5. Place both labeled urine containers in the central pocket of a specimen bag and seal.
6. Place the sealed specimen bag inside of the foam transport box in between 2 upright, prefrozen cold packs.
7. Replace the foam lid and secure with a rubber band.
8. Place into the prepaid FedEx Lab Pack envelope along with a completed test requisition form and copy of the front and back of the patient's insurance card. Be sure to seal the Lab Pack and verify that a preaddressed airbill is attached to ensure proper delivery. Contact FedEx at 1 (800)463-3339 or visit [www.fedex.com](http://www.fedex.com) to arrange a pick-up for overnight delivery. **Do not ship urine specimens on a Saturday.**



Institute of Urogenital Diseases

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# PROCEDURE FOR CLEAN CATCH URINES

## Patient Instructions:

### FEMALE

1. Remove all necessary garments.
2. Wash hands thoroughly with soap and water.
3. Separate labia (folds of skin covering opening from which you urinate) with one hand. With the other hand, take the provided cleansing towelette and cleanse the meatus (opening from which you urinate) and surrounding area from front to back. Discard towelette in wastebasket.
4. Remembering to keep the labia separated throughout the entire procedure, begin to urinate in the toilet, then catch a stream of urine directly in the collection cup provided. Avoid any contact with rim or inside of the cup.
5. Once an adequate amount of urine is collected, remove the cup from the urine stream and pass the remainder of your urine into the toilet bowl.

### MALE

1. Remove all necessary garments.
2. Wash hands thoroughly with soap and water.
3. If uncircumcised, hold foreskin back with one hand. With the other hand use the provided cleansing towelette wipe the end of the penis well using a circular stroke from the center outward. Discard towelette in the wastebasket.
4. Remembering to keep the foreskin held back throughout entire procedure, begin to urinate in the toilet, then catch a stream of urine directly in the collection cup provided. Avoid any contact with rim or inside of the cup.
5. Once an adequate amount of urine is collected, remove the cup from the urine stream and pass the remainder of your urine into the toilet bowl.

**Please give cup of urine to office personnel**

## Office Personnel Instructions:

1. Open the peel pouch of the **UroSwab**<sup>®</sup>, remove the vial, and open the lid exposing the sponge swab.
2. Pour 2ml of urine into the **UroSwab**<sup>®</sup> vial. A minimum volume of at least 1ml of urine is required.
3. Replace the sponge swab back into the **UroSwab**<sup>®</sup> transport vial.
4. To prevent leakage, tightly cap the vial and label with patient information.
5. For packaging and shipping instructions, please refer to MDL's catalog of services.

