



INSTRUCTIONS FOR COLLECTING A URINE SAMPLE FOR WOMEN

Your physician will decide whether it is necessary to test your urine. You will receive a referral and a sample container from the physician who prescribed the test, a nurse, or a laboratory employee.

Preparations for collecting a urine sample:

- the first morning midstream urine is best for a urine strip test, microscopy, clinical chemistry, and microbiological assays;
- a random first urine stream is suitable for urine cytology, molecular diagnostics, and testing for addictive substances.

Before collecting a urine sample:

- wash your hands with water and soap;
- wash external genitalia with lukewarm running water, spreading your labia and washing from front to back. NB! Do not use soap or any other disinfectants! (figure 1);
- dry with a clean towel or paper towel;
- during menstruation or in the case of intense vaginal discharge, block your vaginal opening with a tampon.

Collecting a urine sample in a sample container:

- open the sample container **without touching** the inside of the container or the lid (figures 2–3);
- spread your labia and urinate through the uncovered urethral opening first into the toilet bowl, then direct the urine flow into the sample container, filling 2/3 of the volume of the container. Direct the end of the urine flow to the toilet bowl (figure 4).

Collecting a urine sample into a vacuum tube:

- collect the urine into the vacuum tube **immediately** after collecting the sample;
- close the sample container and mix the urine thoroughly;
- remove the protective sticker from the sample collection opening on the lid of the sample container (figure 5);
- **first** push the vacuum tube with a beige cap into the sample collection opening and wait until it is filled (figure 6);
- **then** push the vacuum tube with an olive cap into the sample collection opening and wait until it is full, then **immediately mix 8–10 times** to ensure the dissolution of the preservatives (figure 6–7);
- write your **name and personal identification code** on the sample container, as well as the **date and time** of collecting the sample (figure 8);
- dispose of the sample container with domestic waste (figure 9).

Delivering the sample to the lab:

- having collected the sample, return the sample containers to the reception of the lab;
 - the vacuum tube with the **beige cap** must be delivered **within 2 hours** after collecting the sample (figure 10);
 - the vacuum tube with the **olive cap** must be delivered within **1 working day**.

Further information about the location and opening times of the laboratory can be found on the website of the North Estonia Medical Centre at www.regionaalhaigla.ee or by calling 617 1300.

Figures:

