**Urine Specimen Collection**

General Considerations

To avoid contamination of the specimen and to eliminate the possibility of an interpretation error, follow these recommendations:

- Samples collected for a culture should never be collected from a bedpan or urinal.
- Urine specimens contaminated with feces should not be sent to the laboratory for analysis.
- Clean surrounding skin area with soap and water or Castile Soap towelettes rather than disinfectants.
- Catheterization procedures must be performed with scrupulous aseptic techniques to avoid introduction of contaminants.
- Time of collection is critical because some values vary considerably during a 24-hour period. Record the collect time on the laboratory request form. For timed specimen collections, record both the collect start and stop times.
- Some 24-hour urine collections require the use of preservatives. See the Test List Section of this directory for more information.
- Do not submit 24-hour collections for culture.
- Do not submit 24-hour collections for routine urinalysis.
- For cytological evaluation of urine specimens, the specimen should come from a well-hydrated patient and not be first morning urine. Collect 50-100 ml of urine and deliver the specimen fresh, unfixed to the Cytology Laboratory. Note on the requisition if the patient has undergone a recent procedure prior to voiding the urine. If delivery of the specimen is delayed, store the sample in a refrigerator until transport is possible.
- Always note the collection method on the request form for Cytology specimens.
**Random Urine Collection**

Collect a first voided morning specimen in a clean container (sterile for cultures) for most tests and analyses. Do not send the first morning urine for Cytology examination. Store the specimen appropriately or send to the laboratory immediately.

**Timed Urine Collection**

The laboratory provides containers for timed urine collections. Laboratory personnel add appropriate preservative to the container as necessary. Refer to the Test List Section for specific collection instructions. Precautionary labels are affixed to the collection container with additives. Read and follow the precautions. DO NOT discard the preservative. To ensure accurate results of a timed urine collection follow these steps:

1. Label the timed urine bottle with the patient’s name and date of birth and/or medical record number.
2. The patient empties the bladder at the beginning of the time period and discards the urine. Note this time as the collection start time.
3. See the Test List section for storage instructions during the collection period. Some specimens must be refrigerated.
4. Collect all urine voided during the allotted time in clean and dry containers. After each void, place the specimen into the timed urine bottle. Use caution when adding the urine to a bottle that contains acid preservative.
5. At the end of the collection period the patient empties the bladder and the specimen is added to the timed urine bottle. Note the ending time on the request form.
6. If sending an aliquot of urine to the laboratory, measure the total volume prior to taking the aliquot. Note the total volume on the laboratory request form.