



Potilasohje kotona annettavaa virtsan perustutkimusta varten, päivitetty 23.6.2020  
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**Patient instructions for collecting a mid-stream urine sample at home**

Proper preparation prior to urine collection, careful collection and correct storage of the sample is required in order to get relevant urine test results. Early morning urine specimen is preferred. Urine collected at other times of the day is also acceptable.

**Preparation**

- Avoid hard physical activity, eating or drinking 10 hours prior to sample collection.
- The urine should be in the bladder over 4 hours prior to sampling. If you urinate during the night collect the specimen in the morning after at least 4 hours from the last urination.

**Specimen collection equipments**

- Clean sample container with a screw-lid. The lid includes a needle under sticker.
- Vacuum tubes (1 to 3 tubes). The tubes contain preservative. **Do not open the tubes!**

**Specimen collection**

- Wash your hands thoroughly with soap and water, rinse and dry.
- Remove the lid on the container and set it aside. **Do not touch the inner surface of the lid or the container.**
- **Females:** With one hand, hold the labia apart and wash your urogenital area with water. Soap is not allowed. Dry-wipe with a paper towel. Hold the labia apart while voiding.
- **Males:** Retract the foreskin and wash the end of the penis with water. Soap is not allowed. Dry-wipe with a paper towel. Keep the foreskin retracted and start to urinate.
- Pass a small portion of urine into the toilet. **Midway through urination**, move a container into the stream of urine and fill the container about 2/3 of its volume. Void a remainder of urine into the toilet.



**Moving the sample to vacuum tube**

- Close the container tightly with the screw-lid.
- Remove the sticker off the lid to unmask the needle and press the top of the vacuum tube against the needle. Press tightly until the tube is full.
- Remove the tube from the needle.
- Mix the tube by inverting it upside down to 8 – 10 times.
- Fill all the tubes in the same way
- Label the tubes with your name stickers
- Deliver the tubes to the laboratory as soon as possible in room temperature.
- Dispose the sample container with home's waste.



**Return this instruction with the specimen, fulfill your personal data:**

Name
Social security number
Sampling date ____/____ - ____ Sampling time _____
Hours after the last urination (urine has been in the bladder): _____ hours