

12.6.2023

## Patient instruction for collecting urine sample at home

To get a reliable result from the urine sample you need proper preparation, careful collection and correct storing of the sample. Morning urine is the best basic urine sample for testing of urinary tract conditions. Urinary tract infection with symptoms can also be detected from a urine sample taken in the daytime.

### Preparation

- Avoid hard physical stress before collection of sample. Avoid eating and drinking in the night.
- Urine must be in the bladder for at least 4 hours before sample collection. If you go to the toilet during the night, do not collect the morning urine sample until 4 hours have elapsed from previous urinating.

### Sampling kit (keep out of the reach of children)

- container with a needle for the sample tube under the protective tape on the cap.
- Sample tubes (1-3 pcs), containing preservative and vacuum. **Note!** Do not open the cap of the sample tube to protect the vacuum in the tube!
- Labels for writing of personal data.

### Collection of urine sample

Wash your hands thoroughly. Screw open the container top. Place the top upside down on a clean table while collecting the sample. Do not touch the interior surface of the container and the top. Wash your genitals with mere warm water using hand shower. Dry with toilet paper.

#### Female:

Keep the labia ajar and urinate a little first into the toilet.

Place the collection container under the urine stream without interrupting urinating and fill 2/3 of the container.

#### Male:

Pull back the foreskin and urinate a little into the toilet at first.

Place the collection container under the urine stream without interrupting urinating and fill 2/3 of the container.

### Transferring urine sample into the tube

- Close the container top tightly. Place the container on a steady surface.
- Open the protective tape on the container top revealing the needle.
- Press the sample tube cap first on the needle and hold it there until the tube is filled with urine.
- When the tube is filled, remove it from the sample needle and shake the tube by turning it up and down 8-10 times. Make sure that the tube contains at least the minimum amount of urine marked with a line.
- Fill all sample tubes in the same way and stick the labels on with your name lengthwise on the tubes.
- Pour the rest of urine into the toilet and close the container top. Discard in mixed waste.
- Bring the urine sample tubes to the laboratory in room temperature as soon as possible.



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**Return this instruction together with the sample and complete the data:**

<b>Name:</b>
<b>Personal identity code:</b>
<b>Time of sample collection:</b> ___/___ - ___ at ___ hours
<b>Previous urination</b> ___ hours ago

Let the person collecting the sample know if you were not able to follow these instructions or if you were given other instructions.

You medical care physician or nurse will answer inquiries concerning testing and test results. The laboratory will answer questions related to sampling procedure.