ISLAB
LABORATORIOKESKUS

Potilasohje
12.8.2026
1.2.246.10.21261066.100.15.2026.3.38.2

Collecting urine sample at home

Tests: U-KemSeul (1881), U-SOLUT (1940), U-BaktVi (1155), U-BaktEVi (1787).

Sample collection equipment

- Sample container
- Sample tubes

Open the sample container by unscrewing the lid. Do not touch the inner parts of the sample container or its lid. There is a sharp sampling needle under the protective tape in the sample container's lid.

Do not open the sample tube's cap.

Keep the sampling kit away from children.

Preparing

Collect the sample when at least 4 hours have passed since the last time you urinated. If this is not possible, the sample can be collected also when less than 4 hours have passed.

Collecting urine sample

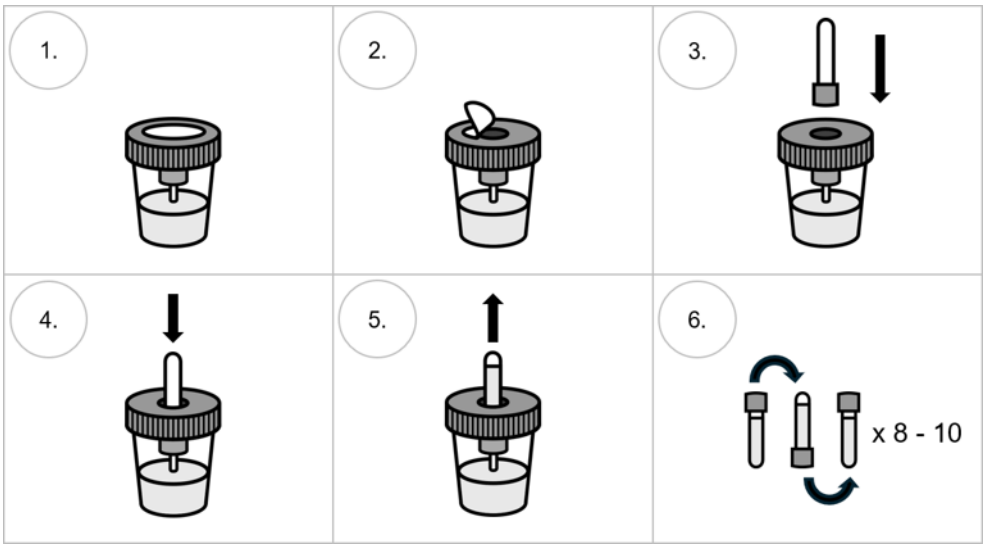
1. Wash your hands carefully.
2. Unscrew the sample container's lid and set it upside down on a clean table.
3. **Women**: spread your labia apart.
   Men: pull back your foreskin.
4. Wash your intimate area using only warm water. Pat dry gently with toilet paper.
5. Start to pass urine into the toilet.
6. Continue to pass urine and place the sample container under the urine stream. Fill the container until it is about half full.
7. Pass the rest of the urine into the toilet.

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Transferring urine sample into test tube

1. Place the sample container on the table and close the lid carefully.
2. Remove the protective tape on the sample container’s lid. Underneath the protective tape is a hole with a sampling needle.
3. Bring a sample tube cap first into the hole.
4. Press the sample tube down so that it starts to fill with urine. Hold the sample tube still until it is full.
5. Once the sample tube is full, release it by lifting it up. Turn the tube around with the cap facing upwards and check that the sample reaches at least the minimum fill line on the tube.
6. Mix the sample tube by turning it up and down 8–10 times.



- Fill all the sample tubes you received in the same way.
- Pour the rest of the urine into the toilet. Close the sample container’s lid and dispose of it in the mixed waste.
- Fill in the required details on the last page and put the page in the same bag with the sample tubes. Close the bag carefully so that it will not open accidentally.
- Deliver the tubes to the laboratory as soon as possible. You can transport them to the laboratory at room temperature.

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

If you have any questions regarding the sample collection, please contact ISLAB's customer service by calling tel. 044 457 0740.

Your own doctor or nurse will answer any questions you may have about your tests and results.

Sample details

Fill in this page and return it together with the samples.

Write your first name and surname:

Write your personal identity code:

Write your phone number:

Write the date and time of sample collection:

Write how many hours have passed since the last time you urinated: h

Write additional information if necessary: