



<p><b>How to Prepare</b></p>	<ul style="list-style-type: none"> <li>• <b>Do not</b> urinate for at least one hour before specimen collection.</li> <li>• Obtain sterile collection container(s) from clinic or laboratory staff.</li> <li>• <b>Do not</b> cleanse the genital area before collecting the urine.</li> <li>• <b>Do not</b> touch the rim or inside surfaces of the lid or container.</li> <li>• Note that no more than 30 mL of urine should be collected.</li> </ul>	
<p><b>Labelling the Specimen</b></p>	<p>Label the collection container with <b>ALL</b> the following information:</p> <ul style="list-style-type: none"> <li>• Your (the patient) <b>full first and last legal name</b>.</li> <li>• The <b>date and time</b> of specimen collection.</li> <li>• Your unique <b>personal health number</b> (Alberta PHN or ULI#)</li> </ul>	
	<p>Alberta PHN is found on the Alberta Personal Health Card. Connect Care Medical Record Number (MRN), or other provincial health care numbers are acceptable. If you do not have a PHN or ULI please ask your local laboratory for alternatives</p>	
<p><b>Lab Requisition</b></p>	<ul style="list-style-type: none"> <li>• <b>Print</b> the date and time the specimen was collected on your lab requisition.</li> <li>• <b>Fold</b> and place the requisition in the <b>outside</b> pocket of the plastic bag.</li> </ul>	
<p><b>Collecting the Specimen</b></p>	<ul style="list-style-type: none"> <li>• Wash hands thoroughly with soap and water.</li> <li>• Remove lid from sterile container and place the lid upside down on a clean surface.</li> <li>• Urinate (pee) directly into the container until the urine level reaches between 20-30 mL, or between the two marked lines if applicable. <b>Stop</b> urinating after the container is filled to the correct level.</li> <li>• If more than 30 mL is collected, <b>do not</b> pour any urine out of the container.</li> <li>• Securely tighten the lid on the container to prevent leakage.</li> <li>• Wash hands thoroughly with soap and water.</li> <li>• Place the container into a biohazard bag.</li> </ul>	<p><b>Sterile Container Example</b></p> 
<p><b>Specimen Delivery to Lab</b></p>	<ul style="list-style-type: none"> <li>• Return the specimen and requisition to the laboratory within two (2) hours of collection.</li> <li>• If unable to return the specimen to the laboratory immediately, keep it in the refrigerator (4°C), and deliver it to the laboratory on the <b>same day</b>.</li> </ul>	
<p><b>Questions About Your Collection?</b></p>	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> <li>• <a href="http://www.albertaprecisionlabs.ca">www.albertaprecisionlabs.ca</a></li> <li>• Alberta Precision Laboratories at 1-877-868-6848</li> <li>• Health Link Alberta at 811</li> </ul>	