


Urine Cytology

How to Prepare	<ul style="list-style-type: none"> A sterile laboratory specimen container will be given to you. Drink 3 eight-ounce glasses of water approximately 1 hour before collection in order to obtain a well hydrated urine specimen.
Risks or Cautions	<p>You will have to repeat the urine specimen collection if your specimen container:</p> <ul style="list-style-type: none"> is not correctly and completely labelled. is frozen or stored at high temperatures.
Labelling the Specimen	<p>Label the collection container with the following information:</p> <ul style="list-style-type: none"> Your (the patient) full first and last name The date and time of specimen collection Your unique personal health number (PHN or ULI#) Alberta PHN is found on the Alberta Personal Health Card  <p>If you do not have a PHN or ULI please ask your local laboratory for alternatives. Please note all specimens need 2 identifiers to be processed.</p>
Lab Requisition	<p>On the APL Non-Gynecological Cytopathology Requisition 22204</p> <ul style="list-style-type: none"> Print the date and time the sample was collected on your lab requisition. Fold and place the requisition in the outside pocket of the plastic bag.
Collecting the Specimen	<ul style="list-style-type: none"> Do not collect the first morning urine specimen. Thoroughly cleanse the entire genital area using the towelettes provided or warm water <ul style="list-style-type: none"> Females – hold outer edges of labia apart and cleanse from front to back Males – retract foreskin if not circumcised Collect a fresh urine specimen in the sterile laboratory specimen container. <ul style="list-style-type: none"> Females – continue to hold labia apart while urinating Males – continue to retract foreskin while urinating Ensure the lid of the specimen container is securely tightened to avoid leakage. Place the specimen container in the biohazard bag and seal the bag.
Specimen Delivery to Lab	<ul style="list-style-type: none"> Take your specimen to your local laboratory within 1 hour. If there is a delay in delivering the specimen to the laboratory, the specimen should be refrigerated.
Questions About Your Collection?	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> www.albertaprecisionlabs.ca Alberta Precision Laboratories 1-877-868-6848 Health Link Alberta at 811