
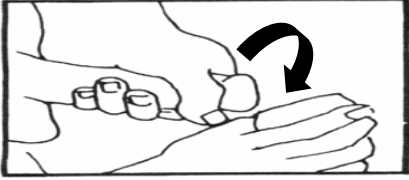


**For correct test results, please follow instructions carefully.**

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| 1. | Label your container(s) with the following: <ul style="list-style-type: none"> <li>• <b>Full first and last name</b></li> <li>• <b>Personal Health Insurance Number</b> or <b>Government Issued Identification Number</b></li> <li>• <b>Date and time of collection</b></li> </ul> |
| 2. | Wash your hands with soap and water.   |
| 3. | Open the container and towelettes given to you by the Lab. <ul style="list-style-type: none"> <li>• Do not touch the inside of the container.</li> </ul>   |
| 4. | Cleanse the genital area using the towelettes provided.  |

| <b>FEMALE</b>   | <b>MALE</b>  |
|---|--|
| <ul style="list-style-type: none"> <li>➤ Sit as far back on the toilet as possible</li> <li>➤ Spread both legs apart</li> <li>➤ Cleanse the genital area with the towelettes:               <ul style="list-style-type: none"> <li>• Hold the outer edges of your labia apart</li> <li>• With 1<sup>st</sup> towelette wipe from front to back</li> <li>• With 2<sup>nd</sup> towelette wipe from front to back again</li> </ul> </li> </ul>  <ul style="list-style-type: none"> <li>➤ Continue to hold the labia apart until the urine sample is collected.</li> </ul> | <ul style="list-style-type: none"> <li>➤ Pull the foreskin of the penis back (if applicable)</li> <li>➤ Cleanse the head of the penis with the towelettes:               <ul style="list-style-type: none"> <li>• With 1<sup>st</sup> towelette wipe tip of the penis</li> <li>• With 2<sup>nd</sup> towelette wipe tip of the penis again</li> </ul> </li> </ul>  <ul style="list-style-type: none"> <li>➤ Continue to hold the foreskin back until the urine sample is collected.</li> </ul> |

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| 5. | Begin voiding into the toilet. As you continue to urinate, hold the specimen container under the stream of urine and fill the container or cup 1/2 to 3/4 full. |
| 6. | Ensure lid is closed on the container. <ul style="list-style-type: none"> <li>• If you were given a tube and cap, pour urine into the tube and cap.</li> </ul>  |
| 7. | Wash hands with soap and water.   |

**Collecting at home for URINALYSIS**

- ❖ Deliver sample to the laboratory **within 2 hours of collection.**
- ❖ If unable to deliver sample within 2 hours, a **refrigerated** sample will be accepted up to **12 hours.**

**Collecting at home for CULTURE**

When provided with *sterile container*

- ❖ Deliver sample to the laboratory **within 2 hours of collection.**
- ❖ If unable to deliver sample within 2 hours, a **refrigerated** sample will be accepted up to **12 hours.**