

First Catch and Midstream Urine Collection - Female (LTR71406)

Last Approved Time: 11/11/2022

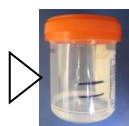
Revision: 4.40

Following the instructions below is important for providing you with accurate test results.
Specimen will **not** be tested if label or requisition is missing information.

Do not urinate (pee) for **1 to 2 hours** before collection.

Before Cleaning

Jane Doe
12345 6700
Date Jan 3
Time 9:00am



and



1. Make sure the cup is labelled with **all** of the following:
 - Full first and last name
 - Healthcare number
 - Date and time of collection



2. Wash your hands with soap and water.
3. Dry your hands, using paper or cloth towel, if possible.



4. Remove the lid from the containers
5. Place the lids **upside down** on a counter.

Do not touch the inside of the cup with your fingers

Cleaning



Cleaning is important for accurate results and to avoid having to do a repeat collection.

1. Tear open the foil packets and remove the towelettes.
2. Sit as far back on the toilet as possible and spread legs.
3. With the index and middle fingers of one hand, hold the layers of skin apart.

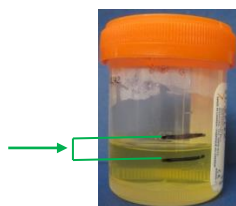


Keep apart for the rest of the collection



4. Wipe from **front to back** on **one** side with **one** towelette.
5. Repeat on **second** side using **second** towelette
6. Throw the used towelettes into the **garbage, not** the toilet.

Collection



1. Urinate (pee) into the first cup between the two lines. Then stop. **Do not pour urine out if you go past the line**
2. Urinate into the second cup until it is ¼ to ½ full.
3. Stop urinating into the cup **before** you are finished.
4. Finish urinating into the toilet.

Do not overfill the cup

After collection



and



1. Put the lids on the cups.
2. Place the cup in the designated area or give to a laboratory staff member.
3. Wash your hands with soap and water.

If collecting at home:

- Place specimen and requisition in the bag you were given.
- Refrigerate the specimen, if more than 20 mins between collection and going to the laboratory.
- Take the specimen and the requisition to the laboratory today.
- Lab staff will confirm your name and Healthcare number when you deliver the specimen to the laboratory.