

**UHL and UGC Nucleic Acid Amplification and
Random Midstream Urine Collection for URC
UMA UMIC UMAMI**

This document is applicable at site(s):

All Sites

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| How to Prepare | <ul style="list-style-type: none"> Do not urinate for at least one hour prior to specimen collection. |
| Risks or Caution | No risks or cautions. |
| 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 <u>The date and time of specimen collection</u> 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 | <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 | <ol style="list-style-type: none"> Open the urine container provided to you by the laboratory. Do not cleanse the genital area prior to providing the specimen. Provide approximately 20 to 30 mL of the initial urine stream into the collection cup provided by the laboratory labeled “#1”. Please note: Volume collection is important to ensure the accuracy of the test because collection of larger volumes of urine may result in specimen dilution. Stop urinating mid-stream. Obtain the second container labeled “#2” and continue to urinate into it. Stop collection <i>before</i> you finish urinating. Finish urinating into the toilet. Close the urine containers by screwing the lids on tightly. |
| Specimen Delivery to Lab | <ul style="list-style-type: none"> Bring your specimen and requisition to your local laboratory as soon as possible. Store at fridge temperature. <p>Note: Prolonged delays in transport of urine samples to the laboratory may affect some tests. If possible, collect the urine sample at the lab location. If not possible, ask lab personnel when the sample should be dropped off after home collection.</p> |
| Questions About Your Collection? | <p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> https://myhealth.alberta.ca Health Link Alberta at 811 |