



## LABORATORY PATIENT COLLECTION INSTRUCTIONS

### Urine Sample Collection Instructions for *Chlamydia trachomatis*/ *Neisseria gonorrhoeae*/ *Trichomonas vaginalis* Testing and Midstream Urine (combined)

#### How to prepare

- **DO NOT** urinate (pee) for at least one (1) hour before collecting your urine sample
- Obtain two collection containers from physician or laboratory staff labelled #1 and #2:
  - Females receive 2 containers, both with orange lids
  - Males receive one container with a white lid and one with an orange lid
- If collected at the laboratory, the container will be provided in a plastic resealable bag.
- Collect the urine for *Chlamydia trachomatis*/ *Neisseria gonorrhoeae*/ *Trichomonas vaginalis* test first (container #1)

#### Risks or Cautions

- **DO NOT** cleanse the genital area before collecting the **first** urine sample
- **DO NOT** touch the rim or inside surfaces of the of the lids and containers
- **DO NOT** collect more than 30 mL of urine into the container

#### Collecting the initial 30 mL urine sample. Container #1

- Wash hands with soap and water before collecting sample
- Remove lid from container #1 and urinate (pee) directly into the container (initial 30 mL / first-catch)



**Females** use container with orange lid    **Males** use the container with white lid  
Fill container no more than 30 mL



- Stop the flow of urine. **Females** - stop once the 20 mL mark is reached to ensure no more than 30 mL is collected
- Place lid tightly on container
- Give sample to laboratory staff to process regardless of volume collected. **DO NOT** pour out a portion of the urine sample if greater than 30 mL is collected.

Questions? Contact the Laboratory Information Centre at 403-770-3600

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#### Collecting the midstream urine sample Container #2

#### Cleansing

- Thoroughly cleanse entire genital area using towellettes provided
- Females – hold outer edges of labia apart and cleanse from front to back
- Males – retract foreskin if not circumcised

#### Container with Orange Lid

#### Collection

- Females – continue to hold labia apart while urinating
- Males – continue to retract foreskin while urinating
- Fill the second container (labelled #2) to the 20 mL mark. Place lid tightly on container
- Wash hands thoroughly after collecting the sample



#### Labelling the Sample

Label the collection container with:

- Laboratory or physician office issued patient label **or**
- Write the patient **full first and last name, Provincial Health Insurance (PHN/ULI)**, or Government issued identification (Federal, Military, RCMP, Immigration), **date and time of collection**

#### Lab Requisition

- **Print** the date and time the samples were collected on your lab requisitions
- **Fold** and place each requisition in the **outside** pocket of a plastic resealable bag
- Place sample containers in the provided plastic resealable bag. **Do not** put the requisition in the bag with the collection container

#### Sample Delivery

- If not in the laboratory when the sample is collected, return the urine sample to the laboratory as soon as possible
- If you cannot go to the laboratory immediately, keep the urine refrigerated
- The urine sample **MUST** be returned to the laboratory the same day it is collected

**Samples not labelled as required or those that do not have a completed requisition will NOT be tested.**

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