


<b>How to Prepare</b>	<ul style="list-style-type: none"> <li>A sterile laboratory specimen container will be given to you.</li> <li><b>Drink</b> 3 eight-ounce glasses of water approximately 1 hour before collection in order to obtain a well hydrated urine specimen.</li> </ul>
<b>Risks or Cautions</b>	<p><b>You will have to repeat the urine specimen collection if your specimen container:</b></p> <ul style="list-style-type: none"> <li>is not correctly and completely labelled.</li> <li>is frozen or stored at high temperatures.</li> </ul>
<b>Labelling the Specimen</b>	<p>Label the collection container with the following information:</p> <ul style="list-style-type: none"> <li>Your (the patient) <b>full first and last name</b></li> <li><b>The date and time of specimen collection</b></li> <li>Your unique personal health number (PHN or ULI#)          Alberta PHN is found on the Alberta Personal Health Card</li> </ul>  <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>
<b>Lab Requisition</b>	<p>On the APL Calgary Non-Gynecological Cytopathology Requisition REQ9041CY-NON</p> <ul style="list-style-type: none"> <li><b>Print</b> the date and time the sample was collected on your lab requisition.</li> <li><b>Fold</b> and place the requisition in the <b>outside</b> pocket of the plastic bag.</li> </ul>
<b>Collecting the Specimen</b>	<ul style="list-style-type: none"> <li><b>Do not</b> collect the first morning urine specimen.</li> <li><b>Thoroughly cleanse</b> the entire genital area using the towelettes provided or warm water          Females – hold outer edges of labia apart and cleanse from front to back          Males – retract foreskin if not circumcised</li> <li><b>Collect</b> a fresh urine specimen in the sterile laboratory specimen container.          Females – continue to hold labia apart while urinating          Males – continue to retract foreskin while urinating</li> <li><b>Ensure</b> the lid of the specimen container is securely tightened to avoid leakage.</li> <li><b>Place</b> the specimen container in the biohazard bag and seal the bag.</li> </ul>
<b>Specimen Delivery to Lab</b>	<ul style="list-style-type: none"> <li><b>Take</b> your specimen to your local laboratory within 1 hour.</li> <li>If there is a delay in delivering the specimen to the laboratory, the specimen should be <b>refrigerated</b>.</li> </ul>
<b>Questions About Your Collection?</b>	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> <li><a href="http://www.albertaprecisionlabs.ca">www.albertaprecisionlabs.ca</a></li> <li>Alberta Precision Laboratories 1-877-868-6848</li> <li>Health Link Alberta at 811</li> </ul>