

Urine Sample Collection Instructions for *Chlamydia trachomatis*/ *Neisseria gonorrhoeae*/ *Trichomonas vaginalis* for FEMALES

How to prepare

- **DO NOT** urinate (pee) for at least one (1) hour before collecting your urine sample

Risks or Cautions

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

Collecting the Sample

- Obtain collection container with **orange lid** from physician or laboratory staff. If collected at the laboratory, the container will be provided in a plastic resealable bag.
- Wash hands with soap and water before collecting sample
- Remove orange lid and urinate (pee) directly into the container (initial 30 mL / first catch). Stop once the 20 mL mark is reached to ensure no more than 30 mL is collected



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.

- 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 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 sample was collected on your lab requisition
- **Fold** and place the requisition in the **outside** pocket of the 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
- Take your sample to your local laboratory within 24 hours of collection

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