


Urine Cytology - Central Zone

How to Prepare	<ul style="list-style-type: none"> For cytology testing you may be asked to collect one sample or three samples. If three samples are required the three samples must be collected on three different days.
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Risks or Cautions	<ul style="list-style-type: none"> A WHMIS label will be attached to the container containing Cytology fixative. For each sample required you will be given an empty sterile container and one container with 30ml of cytology fixative. NOTE: Cytology Fixative is extremely flammable and toxic.
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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 The date and time of specimen collection 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>	
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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.
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Collecting the Specimen	<ol style="list-style-type: none"> Lab will give you towelettes, sterile container(s) and container(s) with cytology fixative. Wash your hands with soap and water. Open the urine container. Open the towelette packages. <u>FEMALE</u> <ul style="list-style-type: none"> Sit as far back on the toilet as possible. Spread both legs apart. Cleanse the genital area with the towelettes: <ul style="list-style-type: none"> Hold the outer edges of your labia apart. With 1st towelette wipe from front to back. With 2nd towelette wipe from front to back again. Continue to hold the labia apart until the urine sample is collected. <u>MALE</u> <ul style="list-style-type: none"> Pull the foreskin of the penis back (if applicable). Cleanse the head of the penis with the towelettes: <ul style="list-style-type: none"> With 1st towelette wipe tip of the penis. With 2nd towelette wipe tip of the penis again. Continue to hold the foreskin back until the urine sample is collected. Begin voiding into the toilet. As you continue to urinate, hold the sterile container under the stream of urine and fill the container approximately ¾ full. Pour approximately 30ml of your urine into the container containing the cytology fixative. <ul style="list-style-type: none"> Total volume of urine and cytology fixative should be approximately 60 ml. Discard any remaining urine into the toilet.
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10. Tightly screw on the lid of the container. Gently shake the container to mix the cytology fixative and urine.
11. Label your specimen container containing the fixative with the following:
 - **Full first and last name.**
 - **Personal Health Insurance Number or Unique Lifetime Identifier or Government Issued Identification number or Medical Record Number.**
 - **Date and time of collection.**

Specimen Delivery to Lab

- Refrigerate the sample until delivered to the laboratory.
- You can either return the samples to the laboratory each day, or return them together at the end of the three days, within 24 hours of the third collection.

Questions About Your Collection?

- Laboratory location, hours and contact information may be found at:
- www.albertaprecisionlabs.ca
 - Alberta Precision Laboratories 1-877-868-6848
 - Health Link Alberta at 811