

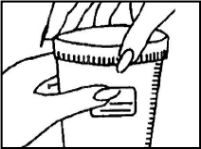


How to Prepare	<ul style="list-style-type: none"> Wash hands thoroughly with soap and water. Remove lid from empty sterile container. DO NOT touch the inside of the container or the lid. Open the antiseptic towelettes and removed from package. 						
Risks or Cautions	<ul style="list-style-type: none"> The fluid in the specimen container is POISON (Cytolyt Solution – Contains: Buffered Methanol). If swallowed, call POISON CONTROL (1-800-332-1414). DO NOT discard fluid. Collect specimens Sunday through Thursday NOT Friday or Saturday (this is to avoid urine sitting for a prolonged period). DO NOT use first morning voided urine. If doctor orders more than one urine specimen, each specimen must be collect on a separate day 						
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>						
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	<p>Please see reverse for instructions.</p>						
Specimen Delivery to Lab	<ul style="list-style-type: none"> Return sample and requisition to the laboratory as soon as possible. <table border="1" data-bbox="363 1188 1528 1360"> <thead> <tr> <th data-bbox="363 1188 943 1224">If...</th> <th data-bbox="943 1188 1528 1224">Then...</th> </tr> </thead> <tbody> <tr> <td data-bbox="363 1224 943 1291">You are able to deliver the sample within 30 minutes of collection:</td> <td data-bbox="943 1224 1528 1291">Store sample at room temperature</td> </tr> <tr> <td data-bbox="363 1291 943 1360">You are unable to deliver the sample within 30 minutes of collection:</td> <td data-bbox="943 1291 1528 1360">Refrigerate sample for up to 24 hours</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Prolonged delays may affect the test results. 	If...	Then...	You are able to deliver the sample within 30 minutes of collection:	Store sample at room temperature	You are unable to deliver the sample within 30 minutes of collection:	Refrigerate sample for up to 24 hours
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Questions About Your Collection?	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> www.albertaprecisionlabs.ca Alberta Precision Laboratories 1-877-868-6848 Health Link Alberta at 811 						

<p>Male:</p> <p>Collecting the Sample</p>	<ol style="list-style-type: none"> 1. Retract the foreskin (if not circumcised) and wipe penis with towelette provided wiping from urethral opening toward you. Repeat with second towelette. Discard towelettes into garbage can, not into toilet. 2. With foreskin retracted urinate (pee) a small amount of urine into the toilet then, without stopping, urinate into the container. Do not over fill the container. Excess urine maybe passed into the toilet. 3. Place lid on container and mix urine by gently inverting container several times. 4. Transfer a portion of your urine into the container with the fluid supplied by the laboratory. Add urine until the total liquid volume reaches the fill line indicated on the container. 5. Firmly tighten the lid onto the container. Dry the outside of the container if it is wet. 6. Wash hands thoroughly with soap and water after collection. 7. Place container into biohazard bag. 	 
<p>Female:</p> <p>Collecting the Sample</p>	<ol style="list-style-type: none"> 1. Sit on the toilet and hold labia (lips) apart. Thoroughly clean genital area with towelette provided using a front to back motion. Repeat with second towelette. Allow to air dry completely before urinating (peeing). Do not wipe dry. Discard towelettes into garbage can, not into toilet. 2. Continue to hold labia apart while urinating. Urinate (pee) a small amount of urine into the toilet then, without stopping, urinate into the container. Do not over fill the container. Excess urine maybe passed into the toilet. 3. Place lid tightly on container and gently mix urine by inverting container several times. 4. Transfer a portion of your urine into the container with the fluid supplied by the laboratory. Add urine until the total liquid volume reaches the fill line indicated on the container. 5. Firmly tighten the lid onto the container. Dry the outside of the container if it is wet. 6. Wash hands thoroughly with soap and water after collection. 7. Place container into biohazard bag. 	