

Urine Collection

24-Hour Urine Collections: St. Joseph Hospital Laboratory provides 24-hour urine collection containers.

Use the following procedure for correct specimen collection and preparation:

- Avoid alcoholic beverages, vitamins, and other medication (if possible) for at least 24 hours before start of specimen collection and during collection period.
- Specimen container may have a preservative in it. Do not dispose of the preservative.
- Do not exceed normal intake of liquids during the day before and the day of collection unless specifically directed by physician.
- Twenty four-hour collection period begins when getting up in the morning and emptying bladder. **Do not collect this urine.** But, do record the date and time of this voiding on the specimen container.
- Collect all urine—day and night—for the next 24 hours. Make final collection when emptying bladder the next morning, approximately 24 hours from the time marked on specimen container.
- Keep specimen in a cool place; refrigerate if possible.
- Mix well before aliquoting and provide total volume of the 24-hour urine collection.

Random Collections: For routine analysis and microscopic evaluation, a clean-catch or midstream specimen should be collected in a clean container as follows:

- Males
 - Prepare Towelettes® by opening packages (do not remove Towelettes® until ready to use), and place them on sink. Take top off of plastic urine container, and set it on edge of sink. Set Towelettes® and container so that they can be reached while urinating.
 - Holding back foreskin with 1 hand, if necessary, use first Towelette® to wash end of penis. Discard first Towelette® in wastebasket.
 - Continue holding back foreskin, and gently rinse end of penis using second and third Towelette®, discarding them in wastebasket when done.
 - Continue holding back foreskin, and begin to urinate into toilet.
 - After first few teaspoons, place screw-capped, sterile container under stream of urine, and collect rest of urine in container.
 - After finishing, tighten cap on container securely, and wash any spilled urine from outside of container.
- Females
 - Prepare Towelettes® by opening packages (do not remove Towelettes® until ready to use), and place them on sink. Take top off of plastic urine container, and set it on edge of sink. Set Towelettes® and container so that they can be reached while urinating.
 - Pull panties below knees so that they will not interfere with urine collection. With 2 fingers of 1 hand, hold outer folds of vagina apart. With other hand, gently wash vaginal area from front to back, using first Towelette®. After this step, throw away first Towelette® in wastebasket.
 - Still holding outer vaginal skin away from opening through which urination takes place, rinse area from front to back using Towelette® #2, discard, and then repeat with Towelette® #3.
 - Continue holding outer vaginal folds apart and begin to urinate into toilet. Lean slightly forward so that urine flows directly down without running along skin.
 - After first few teaspoons, place screw-capped, sterile container under stream of urine, and collect rest of urine in container.
 - After finishing, tighten cap on container securely, and wash any spilled urine from outside of container.

Specimen should be capped, labeled, and refrigerated until courier pick-up time. For a midstream collection, patient should wash thoroughly, then void a small amount of urine which is discarded. Some of the urine should then be collected in a clean container before voiding is completed.

If there is a delay in transport to the laboratory, a portion of specimen should be aliquoted into a grey urine culture transport tube (boric acid), should any culture work also be desired or indicated.