
Urinalysis- Southwestern Vermont Medical Center

URINE Collection Protocol

CLEAN CATCH MIDSTREAM SPECIMENS:

FEMALES:

1. Wash hands thoroughly with soap and water.
2. Take lid off container; DO NOT TOUCH INSIDE OF CONTAINER OR LID.
3. Open two (2) castile soap towelettes.
4. Separate the skin folds around the urinary opening with thumb and forefinger of one hand and keep them separated.
5. Wash the urinary opening from front to back with towelette; discard towelette.
6. Repeat with second towelette using downward strokes only and discard.
7. Keeping the skin folds separated; begin to urinate into the toilet.
8. Once a steady stream is established for a few seconds, move container into path of urine flow and collect urine into cup.
9. DO NOT FILL CONTAINER MORE THAN HALF-FULL.
10. When finished, screw lid onto the container tightly. Wash hands.
11. Deliver to laboratory as soon as practical; KEEP SPECIMEN REFRIGERATED OR ON ICE until delivered.
12. Indicate if patient is menstruating.

MALES:

1. Wash hands thoroughly with soap and water.
2. Take lid off container; DO NOT TOUCH INSIDE OF CONTAINER OR LID.
3. Open two (2) castile soap towelettes.
4. If foreskin present, completely retract foreskin with one hand and keep it retracted during cleaning and urine collection.
5. Clean head of penis with towelette and discard; repeat with second towelette.
6. Begin to urinate into the toilet.
7. Once a steady stream is established for a few seconds, move container into path of urine flow and collect urine into cup.
8. DO NOT FILL CONTAINER MORE THAN HALF-FULL.
9. When finished, screw lid on to container tightly. Wash hands.
10. Deliver to laboratory as soon as practical; KEEP SPECIMEN REFRIGERATED OR ON ICE until delivered.

CATHETERIZED, SUPRAPUBIC ASPIRATES, OR SURGICALLY OBTAINED SPECIMENS:

1. Aseptically collect urine according to applicable nursing/surgical procedure.
2. Submit in sterile urine cup; DO NOT FILL SPECIMEN CONTAINER MORE THAN HALF FULL.
3. Deliver to laboratory as soon as practical; KEEP SPECIMEN REFRIGERATED OR ON ICE until delivered.
4. Indicate type of specimen (straight cath, foley, cystoscopic, etc.).
5. Note if female patient is menstruating.

URINE, 24-HOUR Collection Protocol

1. Obtain a 24-hour urine container. Label clearly with patient's name.
2. Patient should empty bladder completely into the toilet after getting up the first morning. Record time and date on container.
3. All subsequent urine specimens should be poured into the 24-hour urine container INCLUDING THE FIRST SPECIMEN COLLECTED AFTER GETTING UP THE FOLLOWING DAY. Record time and date on container.
4. Any clean container may be used to pour the specimen into the 24-hour container.
5. REFRIGERATE the 24-hour urine collection container until collection is complete.
6. Bring to the laboratory as soon after collection as possible.