Random/Routine Urine Specimen - Female Patient

Your doctor has ordered some tests that require a random/routine urine specimen. Below are instructions on how to collect a urine specimen. It is important to follow these instructions. Any changes may result in inaccurate test results. If you have ANY questions, be sure to ask your care provider for assistance.

NOTE - Read through ALL instructions before beginning.

COLLECTION/TRANSPORT PROCEDURE

Collecting the Specimen
1. Wash your hands with soap and water; rinse; dry with a paper towel.

2. Spread labia minora (genital folds) with thumb and forefinger of non-dominant hand.

3. While continuing to hold labia apart, start to urinate into toilet.

4. After beginning to urinate, quickly place specimen container/collection cup into the urine stream. Continue urinating until you have either filled the container/cup or collected as much urine as possible before completely emptying bladder, remove the container/cup and continue to void.

4. Do not void entire bladder into container.

6. Replace the cap securely on the specimen container or pour the sample into the labeled urinalysis test tube and cap the tube. (Touch only the outside of the container.)

7. Cleanse urine from exterior surface of container, as needed, and place in the area designated by your care provider (patient bathroom, lab bathroom cupboard, etc.)

8. Wash your hands with soap and water; rinse; and dry with paper towels.

9. Label specimen and deliver to laboratory.

Important Notes
- 10 - 12 cc of urine sample should be submitted for analysis.
- Samples may be brought to the lab in a clean container as soon as possible after collection. Sample should be put on ice or refrigerated if there is a delay in bringing the sample to the lab.