

## **HOME URINE COLLECTION-COLLECTION AND STORAGE INSTRUCTIONS AND TIME LIMITATIONS**

### **Urine Collection Instructions:**

#### **FEMALE mid-stream urine collection:**

Open towelette package and wash from front to back, thoroughly cleanse the labial folds and the vulvae. Discard towelette.

Remove the lid from the specimen container, urinate some in the toilet. Urinate some in to the container. Urinate the remainder in the toilet. Do not hold and restart the urinary stream, but preferably move the container into the path of the already voiding urine. Replace the lid.

Be sure the specimen container is labeled with your name, date of birth, along with date and time of collection.

#### **MALE mid-stream urine collection:**

Open towelette package and cleanse the urethral opening in a circular stroke from center outward. Discard towelette.

Remove the lid from the specimen container. Urinate some in the toilet. Urinate some into the container. Urinate the remainder in the toilet. Do not hold and restart the urinary stream, but preferably move the container into the path of the already voiding urine. Replace the lid.

Be sure the specimen container is labeled with your name, date of birth, along with date and time of collection.

### **Storage Instructions:**

Urine specimens should be dropped off at a Sparrow Laboratory site within 48 hours of collection; they must be refrigerated until delivery. If the urine specimen is not kept refrigerated, specimen integrity will be compromised. **Time Limitations:**

If a urine specimen is older than 24 hours, a recollection of the specimen will be requested.