

## Instructions for Collection Urine Routine Culture, Yeast and TB (Mycobacteria)

### Preparation

1. The following items should be within easy reach:
  - Dry sterile container – loosen the lid but do not touch the inside
  - Clean wash cloth/paper towels or tissues dampened with warm water and soap or supplied wipe
  - Clean dry washcloth, paper towel or tissues
2. Wash hands with soap and water.

**Note: For TB culture, entire first morning urine is required.**

### FEMALES – Instructions for Actual Collection

- Sit comfortably on the toilet, and swing one knee to the side as far as possible.
- Move apart the outer and inner folds of skin around the vagina with one hand and hold until the specimen is collected.
- Using the wet cloth/tissue/wipe, wash the area around the opening through which the urine passes.
- Dry the area with the dry washcloth, paper towel or tissues.
- Start to urinate (pee) into the toilet.
- After the first few drops have been passed, collect the next portion of urine into the sterile container – the container should be about half-full.
- Place the lid carefully on the container and close tightly. Wash hands with soap and water. Ensure your sample has your correct name and Medicare number on it.

### MALES – Instructions for Actual Collection

- Using the wet cloth/tissue/wipe, wash the head of the penis (if not circumcised, the foreskin must be pulled back).
- Dry the area with the dry washcloth, paper towel or tissues.
- Start to urinate (pee) into the toilet.
- After the first few drops have been passed, collect the next portion of urine into the sterile container – the container should be about half-full. Place the lid carefully on the container and close tightly. Wash hands with soap and water. Ensure your sample has your correct name and Medicare number on it.

### Labelling and Transport

1. Make sure the cover is securely on the container and that the outside of the container is clean and dry.
2. Label the container with the patient's name, Medicare number, time and date of collection and the doctor's name.
3. Bring to the Hospital Laboratory as soon as possible (within 24 hours). The specimen **must be kept in the refrigerator**. A completed requisition from the provider is also required.

## Instructions for Collection Urine for GC & CHLAM PCR

### Chlamydia & GC Testing

1. Do not urinate (pee) within one hour prior to collection.
2. Collect the first 15 to 30 mL ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup), i.e. the first part of the urine stream directly into a dry, sterile container.
3. Wash hands with soap and water.
4. Label and transport as per above.