



# QUESTIONS QUESTIONS & ANSWERS ANSWERS

## **How to Collect Urine for a Lab Test**

Your doctor has ordered a test of your urine (pee). This is a common test. It is used to see if there are certain diseases or infections in the body. To get results without mistakes it is important the urine sample is clean.

That means that no germs from your

- hands
- skin
- the urine cup

get into the urine sample.

You will get a kit to use to collect your urine.

**Follow the steps to get a clean sample.**

### **Girls and women need to do the following steps:**

- Wash your hands with soap and water for 15 seconds, Dry your hands with a clean paper towel. Turn the faucet off with the paper towel you used to dry your hands
- Wipe between the lips of the vagina with soapy water, working from front to back.
- Rinse well.
- Dry completely

### **Boys and men should do the following steps:**

- Wash your hands with soap and water for 15 seconds. Dry your hands with a clean paper towel. Turn the faucet off with the paper towel you used to dry your hands
- Clean the area around the penis and area where urine passes with soap and water from front to back.
- Rinse well.
- Dry completely.

- Men or boys who are not circumcised should hold back the foreskin while washing, rinsing and drying.

**All Patients:**

- Urinate (pee) a small amount into the toilet before catching urine in the cup.
- Catch urine in the germ-free cup. Try not to let the cup touch your body. About 1-2 ounces is all you need for the sample. That is about 2-4 tablespoons.
- Remove the cup when you have enough pee, without stopping the flow.
- You may finish urinating into the toilet bowl.
- Place the lid tightly on the cup.
- Wash your hands
- Wrap the cup in a paper towel. Take the sample to the lab or give the sample to the staff person.
- If coming from home, wrap the cup in a paper towel. Place in a clean bag.

**Finding a Doctor**

Our doctors serve with a deep respect for all. Their goal is to give the best care and education whether or not a person can pay.

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