

## URINE EXAM

### MATERIAL NEEDED FOR COLLECTION

Clean container (e.g., disposable plastic cup).

Conical bottom test tube with white cap provided by the Collection Center or can be purchased at the pharmacy.



### DIRECTIONS AND METHOD OF COLLECTION

For **complete urine examination** and **impromptu urine** research collect first morning urine.

For urine examination for **morphological study of hematology** and **qualitative Bence Jones proteinuria**, urinate in the morning upon waking and discard the emitted urine, collect urine **at least two hours after the first urination**.

1. Wash hands and external genitalia well with soap and water (do not use disinfectants), rinse and dry thoroughly.
2. Uncover the glans (for men) or spread the labia of the vulva with your fingers (for women).
3. Urinate by discarding the first stream and, without interrupting urination, collect the subsequently emitted urine in a clean container (e.g., disposable plastic cup).
4. Decant the urine into the tube and cap it carefully.
5. Identify the tube by writing biographical dates (first name, last name, and date of birth) on the label
6. Deliver the urine to the Collection Center within two hours of collection.

**Please note:** Urine for morphological study of blood cells should only be delivered to the Seriate Blood Collection Center within **a maximum of 1 hour** after collection.

### WARNINGS

Avoid contamination of urine with blood (menstruation, vaginal bleeding, hemorrhoids, heavily bleeding anal fissures).

In the 24 hours before collection, avoid prolonged physical exertion and abstain from sexual intercourse; reduce fluid intake the evening before collection.