**Urine Collection**

**Catheterized Collections**: Collect specimen by inserting a catheter through urethra and into bladder. **Sterile technique** and equipment must be used in collection of this specimen.

**First-Morning Collections**: Collect immediately upon patient’s arising from a night’s sleep.

**24-Hour Urine Collections**: CA M C LabWorks provides 24-hour urine collection containers. Use the following procedure for correct specimen collection and preparation.

- Warn patient of the presence of potentially hazardous preservatives in collection container.
- The patient should hold container away from his/her face when removing lid or pouring urine into container.
- If preservatives have been added, specimen container should be kept out of reach of small children.
- Urine should be voided into a clean, plastic container adequate enough to collect a large volume of urine. If any urine is lost because container is too small, test is ruined and must be restarted in a new container.
- Test requires patient to collect all urine for 24 hours. Collection must be started with an empty bladder to assure accuracy.
  - When patient arises in the morning at 6 a.m. or 7 a.m., he/she should void all urine from his/her bladder directly into toilet. Even though this urine is discarded, this is the start time and date and should be recorded on the label on the 24-hour container.
  - Patient then collects all voided urine for the next 24 hours and adds each specimen to the large 24-hour container.
  - The following morning, patient should arise at same time he/she started test, and empty his/her bladder, and add this specimen to the large 24-hour container.
  - This completes the 24-hour collection, and he/she should record this as the stop time and date on the label of the container.
- If patient must leave home during collection period, he/she will need to take a container to hold any urine voided while away. It is suggested that the 24-hour collection be done on a weekend or a day when the patient can remain at home.
- The specimen should be returned to CA M C LabWorks as soon as possible after completion. The patient will need to bring the physician’s orders along with the specimen. If “Creatinine Clearance, Serum and Urine” is ordered, a blood creatinine must be drawn for calculation if 1 has not been done in the previous 5 days.

**Midstream “Clean-Catch” Collection—Males**: Collect specimen as follows:

- Instruct patient to expose glans of penis and cleanse area around meatus with a Towelette®.
- Patient should begin voiding; and after a small amount of urine is passed into the toilet, stop the flow, put container in place, and begin voiding again obtaining midstream specimen.
- Remove container, and continue to empty bladder into toilet.

**Midstream “Clean-Catch Collection—Females**: Collect specimen as follows:

- Have Towelettes® open and ready, and open container. Have patient sit on toilet seat with legs apart or straddle toilet, and then have patient separate labia to expose urethral meatus.
- Patient should cleanse area around meatus 3 to 6 times using benzalkonium chloride Towelettes®. Cleanse front to back using a different Towelette® each time. (Patient should not let go of labia after wiping.) The wiping procedure should be down 1 side, down the middle, and down the other side.
- While labia are still separated, patient should forcibly void allowing initial urinary flow to escape into toilet. Patient should then put container in place, and obtain midstream urine specimen. After obtaining specimen, have patient remove container; and continue voiding until bladder is empty.

**Random Collections**: Specimen may be collected at any time.

**Suprapubic Collections**: Aspirate urine from bladder with a needle.