Urine Collection

24-Hour Urine Collections: Hallmark Health provides 24-hour urine collection containers.

Use the following procedure for correct specimen collection and preparation:

- Warn patient of presence of potentially hazardous preservatives in collection container.
- Instruct patient to discard first-morning specimen and to record time of voiding.
- Patient should collect all subsequent voided urine for remainder of day and night.
- Collect first-morning specimen on day 2 at same time as noted on day 1.

See “Urine Preservatives” in “Special Instructions” for multiple collections for specimens being sent to Mayo Medical Laboratories through Hallmark Health.

Clean-Catch Urine for Culture: A clean-catch specimen is necessary to perform accurate laboratory testing on your urine. The specimen which you are about to collect must be free of any contaminating matter which might be present.

Please utilize the sterile containers provided by the laboratory or physician’s office. Washed, used food containers are not recommended and may be rejected.

For optimal results, a first-morning specimen is recommended, but not required.

1. Wash and dry hands.
2. Open package and remove container and towelettes. If provided, assemble specimen container by twisting ring with handle on, being careful not to touch inside of container.
3. To clean genital area:
   a. Females - Separate skin folds around urinary opening. Wash urinary opening and surrounding area from front to back with sterile towelettes provided. Use each towelette separately. Hold apart when urinating.
   b. Males - Wash end of penis well with sterile towelettes provided.
5. When a well-established stream has been achieved, move container into path of stream to catch rest of urine. Use extreme care not to let the container touch the genital area.
6. Place lid on container immediately and close tightly to avoid leakage.
7. Label container with patient’s name, date, and time of collection. Transport specimen to laboratory as soon as possible, or refrigerate (no more than 24 hours) until delivery.

Random Collections: For routine analysis and microscopic evaluation, have patient void into a clean container supplied by Hallmark Health. Specimen should be capped, labeled, and refrigerated until transport. Patient should first void a small amount of urine which is discarded. Some of the urine should then be collected in a clean container before voiding is completed.

Delivery of Specimen: Register with the Admitting Desk before bringing the specimen to the laboratory. Specimen can be dropped off at:

- Melrose-Wakefield Hospital Out Patient Laboratory, Monday through Friday, 7 a.m. to 8 p.m.
- Lawrence Memorial Hospital Prompt Care Laboratory, Monday through Friday, 7 a.m. to 6 p.m.

Specimen may also be dropped off at the main laboratory at both hospitals. If you have any questions please call:

- Melrose-Wakefield Hospital Laboratory at 781-979-3151
- Lawrence Memorial Hospital Laboratory at 781-306-3850