

## Random Urine Collection Patient Instructions

### Steps before you collect your urine sample.

1. Make sure the urine cup is correctly labeled before you start! The label should have the following information: (1) first and last name. (2) Your date of birth and/or healthcare number (MRN).
2. Important: We cannot test your urine sample if the label is missing or has **incorrect** information.
3. Carefully wash your hands with soap and water.
4. Open the urine collection cup, and place on the counter beside you.



**Do not remove  
yellow label.**



**Important: Place the lid upside  
down, yellow labeled side down. Be  
sure to not touch the inside of the  
cup or cap.**

5. Open and remove the anti-bacterial towelettes.
6. Important: Germs are found on the skin of your private (urinary) area. For this reason, we need to reduce the possibility of contamination of the urine sample by cleaning the area carefully.
7. Use proper steps below to clean your private area.

#### **Cleaning steps for women:**

Sit back on the toilet, spreading legs apart, spread lips of vagina (Labia) with one hand. Continue to do so throughout collection. Take one open towelette and wipe vaginal area with a downward strokes only. Discard towelette into the garbage container. Repeat the process with the second towelette if available.

#### **Cleaning steps for men:**

Pull fore skin of the penis back if present. Take one open towelette and wipe the head of penis thoroughly. Keep foreskin from contacting the urinary stream during collection process. Discard towelette into the garbage container. Repeat the process with second towelette if available.

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NATIONAL REHABILITATION CENTER

### Start collecting your urine sample.

1. Urinate a small amount into the toilet then stop. Do not collect any of this sample.
2. Continue to urinate into the cup provided. Stop collection before you finish urinating.
3. Finish urinating into the toilet.
4. Cap the cup, and wipe outside of cup with a paper towel if wet with urine.
5. Flush toilet and wash your hands with soap and water.
6. Give the urine to the nurse or the lab right away. Delays may affect some results or result in the sample being rejected.

Disclaimer: Do not change the above urine collection method unless directed by your Health care Provider.

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