

## **Urine Collection**

Urine collection kits available include:

- Clean-catch collection kits for urine cultures
- 24-Hour urine containers with or without preservative
- Plain, screw-top containers for routine urinalysis

### **24-Hour and Timed Urine Collections:**

Call North Ottawa Community Hospital at 616-847-5381 to obtain specimen requirements for the particular 24-hour urine test ordered. Many tests require a preservative to be added to the container **BEFORE** collection. Two options are available for pickup, please indicate your preference:

- The patient may pick up the container at North Ottawa Community Hospital Outpatient Laboratory (have the patient tell Registration that they are there to pick up a container in the laboratory).
- The courier can deliver the container to your office or satellite later in the day.

Generally the following instructions should be given.

1. The patient should empty their bladder upon getting up in the morning, discard this urine, and record the time and date.
2. Collect all urine passed for the remainder of the day and night.
3. Make the final collection when the bladder is emptied the following morning at the same hour, and record the time and date.
4. Keep the collection refrigerated, if possible, and deliver to North Ottawa Community Hospital Laboratory as soon as possible.
5. If a portion of the specimen is lost, please inform the physician and/or laboratory of this loss and note estimated amount on the requisition. Depending on the test requested, it may be necessary to recollect the specimen.

**Note:** The preservative in some of the 24-hour urine containers is strong acid and is corrosive if spilled. Keep container tightly sealed at all times.

The same amounts of liquids should be consumed during the collection period as are normally consumed. No alcoholic beverage should be consumed during this period. Some 24-hour urines have diet and/or medication restrictions (ie, #9248 5-Hydroxy-indoleacetic Acid [5-HIAA], Urine and Metanephrines, Urine).

### **Random Collections:**

For routine analysis and microscopic examination, have the patient void a small amount into the toilet and then continue to void directly into the screw-top container. Refrigerate specimen until transport. This is a midstream urine and is preferred for urinalysis.

### **Urine Cultures:**

Specimens for culture must be collected by the clean-catch, midstream method utilizing the towelette and sterile container found in the collection kit. It is imperative the specimen be refrigerated until transport.