



HOW TO PREPARE A URINE SAMPLE

1. For a routine urinalysis, it is recommended to collect a sample of first-morning urine directly after a night's rest (at least 8 hours) in a horizontal position, at least 4 hours after the last urination.
2. Before urinating, make sure to perform genital hygiene: wash the urethral region with soapy water and dry thoroughly, preferably with a disposable towel.
3. Make sure to deliver a "mid-stream" urine sample for testing. This means that the first portion of the urine stream (around 50 ml) should be voided into the toilet, and then you should proceed to urinate into a container with a lid. You should collect around 100 ml of mid-stream urine.

A disposable urine container can be purchased at any pharmacy (if you are collecting urine for a microbiological culture, make sure to buy a sterile container). If you are unable to collect urine into a container (as may be the case with bedridden patients), collect the urine in a plastic bag that can be purchased at any pharmacy, which is wrapped tightly around the urethra's outlet.

4. Do not collect any urine during menstrual bleeding (in women) or after excessive physical strain, especially in the standing position (to avoid orthostatic [postural] proteinuria).
5. Abstaining from sexual intercourse for 24 hours before sampling is recommended. The urine container should be delivered to the laboratory within 2 hours.

URINE FOR MICROBIOLOGICAL CULTURE

Urine which will be used for microbiological culturing should be collected in the morning and the following precautions should be followed:

1. Prepare a disposable sterile urine container.
2. Wash your hands under running water with soap and dry them with a disposable towel.
3. Do not touch the interior of the urine container or the lid.
4. Set the lid down with the inside surface facing upwards and hold the container on the outside.
5. Wipe the area around the urethra with sterile gauze or a paper towel.
6. Void the first portion of the urine stream into the toilet.
7. Continue urinating and collect the urine in the container to fill up 1/3 of its volume.
8. Immediately close the container with the lid and deliver it to the laboratory as soon as possible—until delivery, the container should be stored in a refrigerator.

STOOL

Collect only a small portion of stool in a feces container using the enclosed spatula. Make sure that the fecal material is collected from various areas of the stool. This is especially important if the sample is to be tested for occult blood, food residues, or parasites and eggs, and for microbiological and mycobiological culture.

The laboratory will use an immunochromatographic assay to detect occult blood, and no special diet is required before sample collection.