

# Urine Cytology

## Series x 1

## Series x 3

Your doctor has requested that you provide 1 or 3 mid-morning, mid-stream urine specimens.

### Test Requirements

- No specific dietary or medication restrictions necessary. Ensure you are well hydrated.
- The **first urine** specimen **of the day is unsuitable** for this test and should be discarded.
- A mid-morning (between breakfast and lunch), mid-stream urine collection should be collected.
- **If 3 x urine samples requested**, each sample **MUST** be marked day 1, 2 and 3 retrospectively.
- Each sample **MUST** be delivered to the Collection Centre as soon as possible.

**DO NOT** deliver all 3 samples together

### Equipment

- 1 or 3 Yellow top container/s - as per doctor's instructions.

### Collection Instructions

#### First sample:

1. Label the container with your full name, date of birth, date of time of collection, and test name.
2. Wash hands
3. Remove the lid from the urine container and place it where it can be easily reached.

Avoid contamination of the inside of the container or lid.

**Note:** Females - separate the labia (skin folds).

4. Pass the initial amount of urine into the toilet and then without stopping the stream pass the container under and collect enough urine to half fill the container.

The rest of the urine is to be passed into the toilet.

5. Place the lid on the container and tighten the lid firmly to prevent leakage. Avoid cross threading.
6. Return the sample to the Collection Centre as soon as possible **on the day of collection**.

If there is any delay, refrigerate the specimen.

#### Important Notice:

- **Repeat steps 1-5** for the collection of the samples 2 and 3 if required.

Ensure containers are marked 2 & 3 respectively.