

CHEMICAL PHYSICAL URINE TEST**INSTRUCTIONS FOR THE PATIENT**

For the test it is necessary to collect urine from the first morning urination or, alternatively, from the second one (at least 4 hours after the last urination):

- Equip yourself with a wide-mouthed container

- Write down the patient's surname, name and date of birth

- Wash the external genitalia thoroughly with soap and water

- Rinse thoroughly

- Urinate by discarding the first stream and collecting part of the next one directly into the sterile container (10-15 mL)

- Close the container carefully