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INSTRUCTIONS FOR THE PATIENT

To carry out this test, use the first mid-stream urine in the morning (in the acute phase the sample can be collected at any time of the day, even in the presence of blood loss, paying particular attention to its conservation and transport).

The urine culture requires a sterile urine cup with a screw cap.

Label the container with full first and last name and date of birth. You can apply barcode label when provided by the Clinical Laboratory Collection Centre.

The first urine passed in the morning is preferred, alternatively the second (at least 4 hours after the last urination).

Because of the potential (particularly in women) to contaminate urine with bacteria and cells from the surrounding skin, it is important to first clean the genitalia with soap and water. Men should wipe the tip of the penis; women should spread the labia of the vagina and clean from front to back.

- As you start to urinate, let some urine fall into the toilet, then collect a sample of urine directly in the container provided (10-15 mL).
- Make sure the container does not touch your genitals or your hands when you are collecting the urine.
- Ensure lid is closed on the container.
- Wash hands with soap and water

N.B. Antibiotic therapies can interfere with the outcome of the test and must be reported to the Laboratory