PROCEDURE FOR COLLECTING VARIOUS TYPES OF URINE SPECIMENS

RANDOM OR SPOT SPECIMEN
Void at any time of the day or night and collect a portion of the urine in a clean container.

FIRST MORNING SPECIMEN
Void before retiring and discard specimen. On arising in the morning, collect the urine specimen, which is identified as FIRST MORNING SPECIMEN. First morning specimens are preferred for screening for bacteria.

MIDSTREAM SPECIMEN
Use a clean collection container. Initiate urination with first portion going into the toilet. When approximately half of the voiding is completed, without interrupting the process of urination, a portion of urine is collected in the container and the latter portion of the urine flow is again passed into the toilet.

CLEAN CATCH SPECIMEN
External genitalia are washed using a mild antiseptic solution. A midstream urine specimen is then collected in a container that is both chemically and microbiologically clean.

PROCEDURE FOR COLLECTION OF A TIMED-COLLECTION URINE SPECIMEN
1. Obtain a 24-hour collection container from the laboratory. Label all specimen containers with patient name, time and date of collection, and collector’s initials.
2. When ready to start the collection, have the patient void completely and discard this specimen.
3. Note the time and collect all urine voided thereafter until the end of the collection time, having the patient void completely at the end of the collection time and saving this final voiding to pool together with previous voiding's. REMEMBER: At the start of the collection the bladder is emptied and the urine is discarded, and at the end of the collection time the bladder is emptied and the urine is saved.
4. During the collection time, keep the urine container in the refrigerator or on ice.
5. During the time of collection, individual voiding's should not be removed for routine urinalysis or any other tests. The entire amount of all the voided specimens must be pooled together and submitted to the laboratory for the test.
6. When the urine collection is complete, enter the test request into the computer and deliver the specimen to the laboratory.