How to self-collect a urine sample

Read the collection instructions. If you have any questions about how to collect the sample, please ask your healthcare provider.

Preparing for sample collection:
• Wash hands prior to collection.

Collecting male urine

1. PREPARE: Position the urine cup to collect the beginning of the urine stream.

Note: Patient should not urinate 1 hour prior to sampling.

2. COLLECT URINE: Begin urinating. Collect the first 10-50 mL of urine.

Note: It may be helpful to mark the volume required on the cup.

3. SECURE CONTAINER: Close the lid of the urine cup securely, label and date.