

GC/Chlamydia Urine Collection Instructions

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

1. Obtain a specimen container from laboratory personnel.
2. Wash hands prior to collection.
3. A first morning void is the specimen of choice. You must **not** have urinated for **one hour prior to specimen collection**.

Note: For best results, female patients should **not** cleanse the labial area prior to collection.

4. Holding the container in the stream, begin voiding. Collect the **FIRST** 50 mL of urine voided (a little more than a half full container). A minimum of 10 mL of urine is necessary for testing.
5. Keep the specimen refrigerated after collecting and transport to the laboratory the same day you collect the urine.
6. Verify that the specimen is clearly labeled with your

- **Legal first and last name**
- **Date of birth**
- **Collection date and time**