

Urine Collection

Special containers are utilized based on the type of analysis requested. Typically, these include specimens for urinalysis, urine culture, random urine analysis, and 24-hour collection for timed chemistry tests such as creatinine clearance.

Urinalysis, Urine Cultures, and Random Urine Analysis:

Barnes-Jewish Hospital Laboratory employs a VACUTAINER® system which eliminates the need to submit the entire collection cup thereby preventing the risk of handling spilled or leaking specimens. A sterile cup with an incorporated cannula is used to collect the specimen and the appropriate VACUTAINER® tube is filled, labeled, and sent to the laboratory.

- Urinalysis and Urine Culture:

- Use the sterile “Urine Complete Cup Kit” which is packaged in a sealed plastic bag. The kit includes a sterile collection cup with the cannula incorporated in the lid, Castile soap towelettes, a grey-top VACUTAINER® tube with a yellow label for the urine culture (this tube contains a stabilizer to maintain optimal specimen integrity), and a yellow-top conical tube for urinalysis. If both urine culture and urinalysis are requested, use the sterile collection kit; fill the grey-top tube for the culture and the yellow-top tube for the urinalysis. A grey-top tube can never be used for urinalysis.
- Urinalysis storage guidelines: Specimens should be received in the laboratory within 1 hour of collection. Specimens >12 hours old will not be tested, with the exception of non hospital specimens which have physician approval.
- Urine culture storage guidelines: If specimen is unpreserved and at ambient temperature, it should be received in the laboratory within 2 hours of collection; if specimen is preserved, or unpreserved and refrigerated, the specimen should be received in the laboratory within 24 hours of collection.

- Random Urine Analysis:

- Use the “Urine Complete Cup Kit” and fill a minimum of 2, 6-mL plain, red-top tubes (not provided in kit) or the equivalent number of tubes to submit the required volume.
- Random urine storage guidelines: Specimen must be kept refrigerated before delivery to limit bacterial growth.

Directions for Clean-Catch (Midstream) Collection:

- Males

Instruct patient to collect specimen as follows:

1. Withdraw foreskin if uncircumcised.
2. Clean glans with sterile, soapy cotton balls or equivalent beginning at urethra and working away.
3. Rinse cleansed area with 2 successive, sterile, water-soaked cotton balls beginning at urethra and working away.
4. Begin urinating and pass first portion into toilet, mid-portion into appropriate container, and rest again into toilet.

- Females

Instruct patient to collect specimen as follows:

1. Sit on toilet and then separate labia minora manually.
2. Cleanse urethral meatus and surrounding areas with sterile, soapy cotton balls.
3. Rinse cleansed area with 2 successive sterile, water-soaked cotton balls wiping from front to back.
4. Begin urinating and pass first portion into toilet, mid-portion into appropriate container, and rest again into toilet.

24-Hour and Timed Urine Collections:

Containers for 24-hour and other timed urine specimens may contain an additive for specific testing; these are additive containers. Containers without an additive are plain containers. Additive containers may be prepared with any 1 of the following additives; the container will be labeled as such and color-coded.

Label Code	Additive	Expiration Date
Gold	5 g Sodium Carbonate	Not Applicable
White	25 mL 50% Acetic Acid	Stamped on Container
Pink	10 g Boric Acid	Not Applicable
Green	25 mL 6N HCl	Stamped on Container

- In the case of 24-hour and other timed urine specimens, **the entire collection is required to be submitted**. Large specimen bags are provided for the safe transportation of these specimens. Directions for 24-hour collection are printed on a label affixed to the container. See example:



PLEASE READ CAREFULLY

Please write your Name and Date of Birth in the space below:

Name: _____

Date of Birth: _____

Instructions for collection of 24-hour urine samples.
Keep this container in the refrigerator if possible.

This collection container may contain a preservative as indicated by a colored label. Do not urinate directly into this container.

For proper evaluation of tests on a 24-hour urine sample it is important that a complete and accurate collection be made.

Drink less liquids during the collection period than you usually do (unless instructed otherwise by your physician). Do not drink any alcoholic beverages.

1: On day 1: Empty your bladder into the toilet when you get up in the morning. Record this as your starting time and the date.

_____ **AM.** _____ **Date**

2: From this time on collect all of your urine and place into the plastic bottle you were given.

3: On day 2: When you empty your bladder on the morning of the 2nd day be sure to add it to your collection container. This will be your final collection and should be made at approximately the same time as the time you began your collection. Record this as your ending time and date.

_____ **AM.** _____ **Date**

4: Make sure you have filled in all the blank lines on this container label and bring it to your physician's office or to the laboratory, as directed by your doctor, as soon as possible.