

## **SAMPLE MATERIAL: URINE**

### **URINO-CULTURE**

#### **Samples Collection**

- Use a suitable sterile container with a screw cap and collect the first morning urine or those present in the bladder after at least 3 hours after the last urination.
- Deliver the sample within two hours of collection at the collection point.
- It's possible to deliver the sample within 12 hours of collection keeping the sample between 2°-8°C.

#### **MALES**

- Wash carefully your hands with soap and water and dry with disposable paper
- Retract the foreskin and wash the glans thoroughly, rinse with water and dry with disposable paper
- Open the container only at the last moment and take care not to touch the inside of the can or the underside of the cap with your fingers or clothing
- Divide the urinating moment in 2 moments: keeping the foreskin retracted deliver the first jet of urine in the toilet (first stream) and collect in sterile container the second jet of urine (mid-stream), being careful not to touch the edges of the container

#### **FEMALES**

- Wash carefully your hands with soap and water and dry with disposable paper
- Wash the external genitalia: holding the labia majora apart with one hand and wiping from front to back with the other hand, rinse with running water and dry with disposable paper towels.
- Open the container only at the last moment and take care not to touch the inside of the can or the underside of the cap with your fingers or clothing
- Divide the urinating moment in 2 moments: spread the labia and eject the first part of urine (first stream) in the toilet and collect in the sterile container the second part of urine (mid-stream), being careful not to touch the edges of the container
- Close the container

#### **Samples Delivery**

- Check the opening hours of your chosen laboratory analysis center
- Register at the counters at the Administrative Reception desk
- Deliver the container to the health personnel in the collection room.

For further information call the Laboratory on +39 0331 476212

### **CHEMICAL-PHYSICAL AND MICROSCOPIC EXAMINATION**

### **Samples Collection**

- A morning sample is recommended, issued after a night's rest
- Follow the instructions for urine culture)

### **Samples Delivery**

- Check the opening hours of your chosen laboratory analysis center
- Register at the counters at the Administrative Reception desk
- Deliver the container to the health personnel in the collection room.

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## **24 HOUR URINE COLLECTION**

### **Samples Collection**

- Obtain a 24-hour urine collection container (these canisters normally contain 2.5 L of urine, if you feel it's necessary obtain a second canister);
- Throw away the first morning urine
- From that moment for the next 24 hours collect urine directly into the canister (from the second urination to the first urination the following morning)
- During the urine collection keep the canister in a cool place throughout the day.
- When collection is complete, note the volume of the entire collection, patient's surname, first name and date of birth on the canister
- **Note:** it is very important that all 24-hour urine is collected

### **Samples Delivery**

- Check the opening hours of your chosen laboratory analysis center
- Register at the counters at the Administrative Reception desk
- Deliver the container to the health personnel in the collection room.

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