

Taking and handing in a urine sample

You may have a urinary tract infection. Your family doctor or specialist has asked you to collect a urine sample for a microbiological test at the Rijnstate hospital laboratory. This leaflet shows you the best way to do this and where to hand in your urine sample.



Rijnstate

*Neem altijd uw
verzekeringsgegevens
en identiteitsbewijs mee!*

Preferably hand in your first morning urine, which has been in your bladder for more than two hours as this is the most ideal for testing.

What do you need?

- Water;
- a clean flannel or cotton pad;
- a clean collecting beaker (for example, an unused plastic/cardboard cup or clean measuring jug);
- a mailing container (possibly in combination with mailing case) marked with your name and date of birth.

What do you have to do?

Before you collect the urine, wipe your vagina or penis clean with a damp flannel or damp cotton pad. Do not use any soap when doing this! By using a flannel you prevent bacteria from the groin area ending up in the urine sample. This could affect the accuracy of the urine test.

For females it is important that the labia are separated during urinating, so that the urine does not run along the skin.



For males it is important to pull the foreskin back slightly, so that the urine does not run along it.



- Start by urinating in the toilet and after a few seconds place the cup in the stream. This way your urethra is rinsed clean before collecting the sample.
- The urine flow you produce after the first few seconds gives the cleanest urine and most ideal sample for testing, also called midstream urine. This is the urine you collect in the clean collecting container. After collecting the urine, finish urinating in the toilet.
- Pour the urine from the collecting container into the mailing container (filling the container three quarters full is sufficient).
- Screw the mailing container tight to avoid any leaks.
- If you collected your first morning urine very early, please store it in the fridge.

How to hand in or send it

You can hand in the tube with the completed application form at the following locations:

- Rijnstate Arnhem
route 42, (lab reception desk, ground floor);
- Rijnstate Zevenaar
reception;
- Rijnstate Velp
6th floor (Microbiologisch en Immunologisch Laboratorium reception desk)
- Rijnstate Arnhem-Zuid
route 17 (lab reception, 1st floor)
- At one of the blood sample units ('prikposten') in the area
(see www.rijnstate.nl).

It is possible to send the urine sample through regular post by using the mailing case. Please follow the instructions on how to pack the test material. However, we prefer you to hand in the urine sample personally.

Questions

If you have any questions after reading this leaflet, please contact the Rijnstate Medisch Microbiologisch en Immunologisch Laboratorium on 088 005 5455.

Bij Rijnstate kunt u telefonisch en voor de meeste specialismen via www.rijnstate.nl uw afspraak maken.

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