

Regional Medical Laboratory's Urinalysis department has the ability to analyze and quantify the many different elements in urine. The Biochemical Analysis from many of our tests can reveal parameters such as color, urea, uric acid, glucose, sodium, potassium, microbes, protein, tri-phosphates, cholesterol, kidney stones, red blood cells and other sedimentation. These results will aid you in the diagnosis of your patient. The above information can be obtained from the first urine passed in the morning before taking food or drink as this gives an eight-hour body representative discharge.

## **Mid-Stream (Clean Catch) Collections**

### **Sterile Mid-Stream Urine – Male**

A properly collected sterile midstream urine provides the best testing information. Please follow these instructions carefully. You will be given a towelette and a collection container.

- 1. Upon entering the restroom, wash and dry your hands well.**
- 2. Completely retract the foreskin and clean the glans penis with the towelette.**
- 3. Collect a Mid-Stream urine by first urinating a small amount into the toilet, then collecting the remaining urine into the specimen container.**
- 4. Place a lid on the container and bring the specimen to the laboratory.**
- 5. All other collection materials may be disposed of in the restroom.**

### **Sterile Mid-Stream Urine – Female**

A properly collected sterile Mid-Stream urine provides the best testing information. Please follow these instructions carefully. You will be given a towelette and a collection container.

- 1. Upon entering the restroom, wash and dry your hands well.**
- 2. Sitting on the toilet, hold your labia apart with one hand throughout the rest of the procedure.**
- 3. With the other hand, wipe yourself from front to back using a towelette.**
- 4. Urinate, letting the first small portion of the urine go into the toilet. Still holding the labia apart, catch the remainder of the urine in the specimen container.**
- 5. Cap the container and bring the specimen to the laboratory.**
- 6. All other collection materials may be disposed of in the restroom.**

## **24 Hour Urine Collections**

The accuracy of the urine tests depends upon the care with which the urine is collected. Please give the patient these instructions:

- 1. Begin the 24-hour collection period at a convenient time for you.**
- 2. Having selected a starting time, urinate into the toilet. Emptying the bladder completely, and discarding the first specimen. For the next 24 hours, all urine will be collected and transferred into the supplied urine container.**
- 3. During the 24-hour collection period, limit excessive fluid intake.**
- 4. Collect all urine in a smaller container and carefully transfer the specimen into the larger container provided. If there is a preservative in the larger container, take care not to splash the contents as it may be an acid, caustic, or poisonous substance. (Please do not collect urine that has been voided into the toilet).**
- 5. Keep the specimen refrigerated during the collection period. Adequate refrigeration is the most important aspect of specimen preservation.**
- 6. At exactly 24 hours after the start time, collect the last specimen and transfer it into the container.**
- 7. Transport the container to the laboratory... Caution: Secure lid tightly, container may leak if tipped over.**

For Creatinine and/or Urea Clearances, please include the patient's current height, weight, and the total volume of urine collected in 24 hours. A serum specimen must accompany the 24-hour urine specimen for all clearance testing.