

## Checklist for patients collecting a urine sample

### Important!

- Morning urine is the best sample for all urine tests.
- For the general urine test, abstaining from vitamin C supplements for 24 hours is recommended.
- For tests using a PCR method (to detect *Mycobacterium tuberculosis* or a sexually transmitted agent), do not urinate for 3-4 hours and do not wash external genitalia prior to collecting a urine sample.

### Urine collection for the general urine test or urine culture test

1. Before collecting a urine sample, the external genitalia should be washed (water only). Women do not need to towel dry the perineum before urinating.
2. For the test, 100-200 ml of midstream clean catch urine should be collected into a special container (can be purchased at a pharmacy), for the urine culture test—only a sterile container (in a sealed packaging) can be used.
3. The patient's name and surname should be indicated on the container.
4. The urine sample should be delivered to the lab within 1-2 hours (if you live further away, ensure that the sample is delivered at a temperature of +2-+8°C).

### 24-hour urine collection

1. It is best to perform the 24-hour urine collection procedure when you can stay at home for a full day.
2. Make sure you have one or more containers in which to collect and store the urine. A brown plastic container is the most suitable. Keep the container in a cold, dark place (on ice or in a fridge) for the following 24 hours.
3. When you wake up in the morning, discard the first urine portion. This is when your 24 hours begin.
4. After 24 hours from the start of the 24-hour period, stop collecting urine in a container/containers.
5. Unless the doctor has instructed you otherwise, measure the volume of urine collected, mix all the samples collected together and pour a portion of the mix into a separate 200 ml container. Indicate your name and surname on the container and deliver it to the lab, ensuring the sample is at a temperature of +2-+8°C.

### Urine collection for sexually transmitted agent detection with PCR method

1. First stream urine makes the best sample for this test.
2. 50-100 ml of urine, starting with the first drops, should be collected into a sterile container.
3. The patient's name and surname should be indicated on the container.
4. The sample should be stored in a fridge and kept at a temperature of +2-+8°C until delivered to the lab.
5. The urine sample should be delivered to the lab within 24 hours.

### Urine collection for *Mycobacterium tuberculosis* detection with PCR method

1. For this test, 100-200 ml of midstream clean catch urine should be collected into a special container.
2. The patient's name and surname should be indicated on the container.
3. The urine sample should be delivered to the lab within 2-4 hours (at room temperature).

The special container for urine sample collection is available at pharmacies and the procedural room of the Medical diagnostic and treatment centre.