

## Mid-stream urine sample collection

The urinalysis is used, for example, for diagnosing urinary tract infections.

### Sample collection kit

You get a sample container, sample tubes, and name stickers from your own healthcare unit or laboratory.

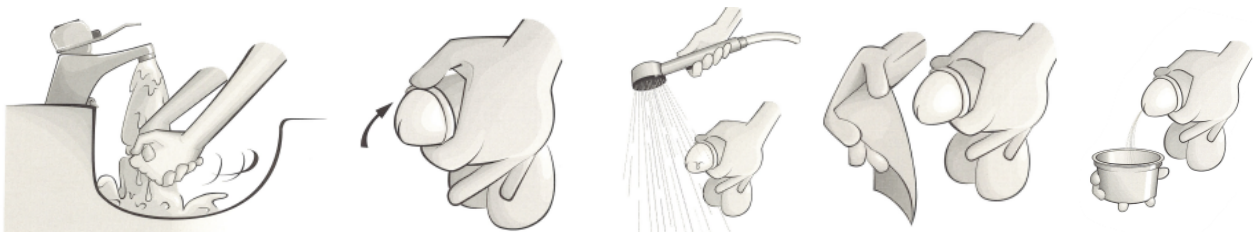
### Before sample collection

Try collecting a morning urine sample. More than 4 hours should have passed since the last urination. Avoid eating or drinking during the night before collecting a morning urine sample. In the morning, you can drink a glass of water if needed.

Put on a new tampon during your period or heavy vaginal discharge before collecting a urine sample.

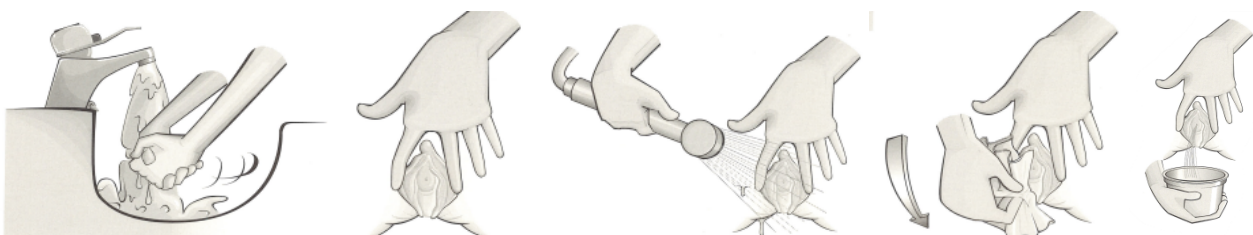
### Sample collection

#### Men



1. Wash your hands.
2. Open the lid of the sample container. Do not touch the inside of the container.
3. Pull back the foreskin.
4. Wash the urethral orifice carefully by showering. Do not use detergents.
5. Dry with toilet paper.
6. First, pass some urine into the toilet. Then, without breaking the urine stream, collect urine into the sample container about 2/3 of the sample container volume. You can pass the rest of the urine into the toilet.
7. Close the lid of the sample container.

#### Women



1. Wash your hands.
2. Open the lid of the sample container. Do not touch the inside of the container.
3. Spread the labia.
4. Wash the urethral orifice carefully by showering. Do not use detergents.
5. Dry with toilet paper wiping from front to back.
6. First, pass some urine into the toilet. Then, without breaking the urine stream, collect urine into the sample container about 2/3 of the sample container volume. You can pass the rest of the urine into the toilet.
7. Close the lid of the sample container.

Children or persons needing assistance

If the child is independent, adult instructions will be applied. If the person giving the sample, e.g. a child, needs help, the person assisting washes their hands carefully first and then washes the assisted person's external genitals (vulva or glans). A child's foreskin is pulled back only as much as retracts easily.

**Transferring the sample to the sample tube**

Transfer the sample to the tubes immediately after sample collection. Fill all the sample tubes you have received.



1. Place the sample container on a table. Open the closing sticker on the lid's transfer opening. (Picture 1)
2. Press the sample tube cap first against the transfer opening needle all the way down until the urine streams into the tube. Hold the tube still until the liquid level in the tube no longer rises (Picture 2). The tubes must contain urine up to the label's line or mark.
3. Remove the tube from the opening by carefully pulling it upwards. **If you received multiple tubes, fill the rest in the same way.**
4. Turn the sample tubes upside down and back 8-10 times so that the air runs from one end of the tube to the other end and the preservative dissolves. Do not shake the tubes. (Picture 3)
5. Once all the tubes have been filled, you can pour out the rest of the urine in the sample container and put the empty container in the rubbish.

**NB!** If you are unable to fill the sample tubes in the way described above, open the lid of the sample container and the caps of the sample tubes and pour urine directly from the container into the tubes. Carefully close the caps of the sample tubes after filling them and use tape to fasten the caps to the tubes.

**After sample collection:**

Write your name and personal identity code as well as the date and time of sample collection on the stickers, and attach the stickers to the sample tube(s). Fill out the additional information form below.

**Store the sample tubes in a refrigerator. Deliver the sample tubes and the filled supplementary information form to the laboratory during the same day.**

**If you have any questions, please contact your healthcare unit for further information.**

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**Return this form to the laboratory with the urine sample with the following information:**

**Patient's name:** \_\_\_\_\_ **Personal identity code:** \_\_\_\_\_

**Urine sample collected** \_\_\_\_ / \_\_\_\_ 20 \_\_\_\_ at \_\_\_\_\_

**Reason for sample collection:**

- Suspected urinary tract infection     Urinary tract infection control sample, no urinary tract infection symptoms  
 Investigation of an unclear infection                       Routine sample, no urinary tract infection symptoms

**Method of sample collection:**  mid-stream     bag urine     pad urine     bedpan     stoma urine

indwelling catheter     intermittent catheter     suprapubic catheter     other, specify \_\_\_\_\_

**Time passed since the previous urination before sample collection:**  less than 4 hours     more than 4 hours

**Antibiotic treatment or prevention of urinary tract infection prior to sample collection:**  No     Yes  
 (within one week before sample collection)

**Pregnancy:**     No                       Yes

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