

Clinical Chemistry and Microbiology

27.1.2023

Collecting a urine sample for other tests

(tubes without preservative, e.g. urine albumin/creatinine ratio [U-AlbKre], urine amylase [U-Amyl], urine glucose [U-Gluk], urine potassium [U-K], urine sodium [U-Na], urine protein [U-Prot])

You can get a sample collection kit from any laboratory of the wellbeing services county of South Ostrobothnia. Please check the expiry date of the sample collection tubes. Do not use expired sample collection tubes.

Please collect a urine sample in the morning so that it has been at least 4–6 hours since you last urinated. **Only the first morning urine can be used as a sample.** Please do not drink water during the night to avoid diluting the urine too much. Women should avoid collecting urine samples during their period.

Urine sample collection in adults

Please follow the instructions on the next page when collecting a urine sample.

Urine sample collection in children

If you need to collect a urine sample from a pre-school child, attach the sample cup to the front part of the potty. The urine stream gets stronger naturally after the child starts to urinate and will hit the cup in the middle of urination. If you need to collect a urine sample from an infant, please ask the laboratory staff for a sample collection kit and instructions.

Transporting the urine sample

Please take the sample tubes to the nearest laboratory of the wellbeing services county of South Ostrobothnia (to the same place where your blood samples, if any, will be taken) as soon as possible (during the same morning). Please keep the sample tubes at room temperature.




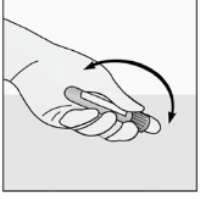
Return these instructions with the sample and provide the sample information:

Name: _____ Personal identity code: _____

Time from last urination ___ hours.

I collected the urine sample on ___/___ 20___ at _____

Collecting a urine sample with a urine collection system

| | |
|--|---|
| <p>1. Sample collection kit:</p> <ul style="list-style-type: none"> • Sample container There is a transfer device with a sample needle under the protective sticker attached to the lid. • Vacuum tube (1–2 pcs) <p>Note! Do not open the cap of the vacuum tube.</p> |  |
| <p>2. Collecting a sample</p> <ul style="list-style-type: none"> • Wash your hands. • Wash your genital area. Spread your labia or pull back your foreskin. Wash your external genitals / glans with a hand shower. Do not use soap. If you use wet toilet paper for washing, use each piece of paper only once. Repeat the washing process at least four times. Finally, dry the genital area with toilet paper or a disposable paper towel. • Open the screw lid of the sample container. • Start to urinate in the toilet bowl to keep any bacteria that may be present at the urethral opening from getting into the sample. • Without interrupting the flow of urine, take the sample container under the urine stream, collect a sample until the container is about 2/3 full, and pass the rest of the urine into the toilet bowl. • Close the lid of the sample container securely. |  |
| <p>3. Transferring the sample into a tube</p> <ul style="list-style-type: none"> • Peel back the sticker on the lid of the sample container. • Push the sample tube cap first against the needle of the transfer device until it can go no further. Keep pushing the sample tube against the transfer device until it is full of urine. • When the tube is full, remove it from the transfer device. |  |
| <p>4. Handling the tube</p> <ul style="list-style-type: none"> • Mix the contents of the tube by turning it upside down 8–10 times. • If you have a personal information sticker, attach it lengthways on top of the tube label. • Keep the tube at room temperature and take it to the laboratory as soon as possible. |  |
| <p>5. You can dispose of the sample container carefully in your mixed household waste.</p> | |