

## **Urine Specimen Collection**

*24-Hour Urine Collections:* Regional West Laboratory Services (RWLS) provides 24-hour urine collection containers.

Use the following procedure for correct specimen collection and preparation.

- RWLS attempts to always use methodologies that do not require urine preservatives, but on occasion this is not possible. In these instances, warn patient of presence of potentially hazardous preservatives in collection container.
- Instruct patient to discard **first-morning** specimen and to record time of voiding.
- Patient should collect all subsequent voided urine for remainder of the day and night.
- Collect **first-morning** specimen on day 2 at same time as noted on day 1.
- Please mix well before aliquoting and provide total volume of 24-hour urine collection.

*Random Collections:* For routine analysis and microscopic evaluation, Urine Collection Kits are provided by RWLS that include transport tubes. These tubes contain preservatives specially suited for Urinalysis Testing (red/grey-top tube) and Urine Culture (grey-top tube [boric acid]). To use these kits, have patient void into the cup included. A “clean-catch” or midstream specimen is preferred. Patient should first void a small amount of urine which is discarded. Some of the urine should then be collected in a clean container before voiding is completed.

Once patient has collected the specimen, remove label from lid of urine cup and fill urine transport tube(s) included in the collection kit, by pressing onto the rubber-sheathed needle in the lid of the urine cup. Allow tube(s) to fill to capacity. Label the tube(s) and store at ambient temperature or refrigerated until courier pickup time. **Do not send urine cup from these urine collection kits.** Specimen will leak from the cups during transport resulting in test cancellation. Urine cup should be discarded.

For most other random urine testing, specimen should not be sent in these preservative tubes. Rather, collect specimen in a clean container and send either the urine cup (without the needle in the lid) or urine poured off into a standard transport tube and labeled appropriately as “URINE”. Specimen should be refrigerated until courier pickup time unless otherwise indicated in the Alphabetical Test Listing.