

Urine Collection Instruction (Female)

1. **The most accurate results are obtained when the sample is delivered to the lab no longer than 60 minutes after collection.** If at all possible, please plan the collection to allow for delivery to the lab within 30 minutes. If this is not possible, the sample must be refrigerated immediately after collection and until delivery to the lab. The specimen should not be at room temperature for longer than 30 minutes. Utilize a zip lock with ice cubes if necessary.
2. Deliver the sample to the lab in the Biohazard Bag you were given when you picked up the supplies for this collection.
3. Spread labia and cleanse genital area with the pre-packed wipes provided. Wipe from front to back.
4. Repeat 2 times using a fresh wipe each time.
5. Rinse by wiping in the same direction with water-soaked gauze provided.
6. Repeat 2 times with fresh wet gauze.
7. Keeping labia spread, begin to void. Stop. Collect the remaining urine in the sterile cup. Do not touch the urine or inside of the cup.
8. Deliver the sample to the lab.

Provide the receptionist with the time of collection of the sample.