| How to prepare | • A sterile laboratory specimen container will be given to you.  
• **Drink** 3 eight-ounce glasses of water approximately 1 hour before collection in order to obtain a well hydrated urine specimen. |
| Risks or Cautions | **You will have to repeat the urine specimen collection if your specimen container:**  
• is not correctly and completely labelled.  
• is frozen or stored at high temperatures. |
| Labelling the Sample | **Label** your specimen container with:  
• Your (the patient) **full first and last name, Provincial Health Insurance (PHN/ULI)** or Government issued identification such as (Federal, Military, RCMP, Immigration, Passport #) and **date and time of collection**.  
• If you’ve been provided with a patient label, **attach** this label to the outside of the container. |
| Lab Requisition | On the CLS Non-Gynecological Cytopathology Requisition REQ9041CY-NON:  
• **Print** the date and time the specimen was collected on your lab requisition.  
• **Fold** and place the requisition in the **outside** pocket of the biohazard bag. **Do not** put the requisition in the bag with the specimen container. |
| Collecting the Sample | • **Do not** collect the first morning urine specimen.  
• **Thoroughly cleanse** the entire genital area using the towelettes provided or warm water  
  Females – hold outer edges of labia apart and cleanse from front to back  
  Males – retract foreskin if not circumcised  
• **Collect** a fresh urine specimen in the sterile laboratory specimen container.  
  Females – continue to hold labia apart while urinating  
  Males – continue to retract foreskin while urinating  
• **Ensure** the lid of the specimen container is securely tightened to avoid leakage.  
• **Place** the specimen container in the biohazard bag and seal the bag. |
| Sample Delivery to Lab | • **Take** your specimen to your local laboratory within 1 hour.  
• If there is a delay in delivering the specimen to the laboratory, the specimen should be **refrigerated**. |