LABORATORY PATIENT COLLECTION INSTRUCTIONS

Urine Sample Collection Instructions for *Chlamydia trachomatis/ Neisseria gonorrhoeae/ Trichomonas vaginalis* Testing and Midstream Urine (combined)

How to prepare

- **DO NOT** urinate (pee) for at least one (1) hour before collecting your urine sample
- Obtain two collection containers from physician or laboratory staff labelled #1 and #2:
  - Females receive 2 containers, both with orange lids
  - Males receive one container with a white lid and one with an orange lid
- If collected at the laboratory, the container will be provided in a plastic resealable bag.
- Collect the urine for *Chlamydia trachomatis/ Neisseria gonorrhoeae/ Trichomonas vaginalis* test first (container #1)

Risks or Cautions

- **DO NOT** cleanse the genital area before collecting the first urine sample
- **DO NOT** touch the rim or inside surfaces of the of the lids and containers
- **DO NOT** collect more than 30 mL of urine into the container
- Wash hands with soap and water before collecting sample
- Remove lid from container #1 and urinate (pee) directly into the container (initial 30 mL / first-catch)

Collecting the initial 30 mL urine sample. Container #1

- Females use container with orange lid  
  Males use the container with white lid

  Fill container no more than 30 mL

  - Stop the flow of urine. **Females** - stop once the 20 mL mark is reached to ensure no more than 30 mL is collected
  - Place lid tightly on container
  - Give sample to laboratory staff to process regardless of volume collected. **DO NOT** pour out a portion of the urine sample if greater than 30 mL is collected.

Questions? Contact the Laboratory Information Centre at 403-770-3600

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<table>
<thead>
<tr>
<th>Collecting the midstream urine sample</th>
<th>Cleansing</th>
</tr>
</thead>
</table>
| Container #2                          | ● Thoroughly cleanse entire genital area using towellettes provided  
|                                       | ● Females – hold outer edges of labia apart and cleanse from front to back  
|                                       | ● Males – retract foreskin if not circumcised |

<table>
<thead>
<tr>
<th>Container with Orange Lid</th>
<th>Collection</th>
</tr>
</thead>
</table>
|                          | ● Females – continue to hold labia apart while urinating  
|                          | ● Males – continue to retract foreskin while urinating  
|                          | ● Fill the second container (labelled #2) to the 20 mL mark. Place lid tightly on container  
|                          | ● Wash hands thoroughly after collecting the sample |

<table>
<thead>
<tr>
<th>Labelling the Sample</th>
<th>Label the collection container with:</th>
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</table>
|                      | ● Laboratory or physician office issued patient label or  
|                      | ● Write the patient **full first and last name, Provincial Health Insurance (PHN/ULI),** or Government issued identification (Federal, Military, RCMP, Immigration), **date and time of collection** |

| Lab Requisition | ● **Print** the date and time the samples were collected on your lab requisitions  
|                 | ● **Fold** and place each requisition in the **outside** pocket of a plastic resealable bag  
|                 | ● Place sample containers in the provided plastic resealable bag. **Do not** put the requisition in the bag with the collection container |

| Sample Delivery | ● If not in the laboratory when the sample is collected, return the urine sample to the laboratory as soon as possible  
|                | ● If you cannot go to the laboratory immediately, keep the urine refrigerated  
|                | ● The urine sample **MUST** be returned to the laboratory the same day it is collected |

**Samples not labelled as required or those that do not have a completed requisition will NOT be tested.**

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