

# Information Sheet

## URINE FOR CYTOLOGY – PATIENT INSTRUCTIONS



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 13 1450.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

### Background Information

This is a midstream urine collection requiring a specimen of urine to be collected on 3 consecutive days with approximately 50mls of urine per sample. The pathology collection centre will provide you with the containers.

### Collection Instructions

First morning urine should be avoided; urine should be collected 3 to 4 hours after you have last urinated.

For your convenience you may collect the urine specimen initially into a clean plastic disposable container (such as an ice-cream container) and then transfer into the pots provided by Pathology. This is only suitable for cytology specimens.

Specimens to be kept in refrigerator until you bring all 3 in on the 3<sup>rd</sup> day.

Please write date and time on each container.

### Female Patients

- If possible you should straddle the toilet.
- The labia must be separated and wiped with sterile water wipe from front to back.
- A vaginal tampon is useful if there is a vaginal discharge.
- Once you have commenced passing urine you should place a sterile container in the stream to obtain approximately 50 ml (almost full container) of urine.
- Ensure container is closed securely, place container in bag provided and keep in refrigerator until you are ready to bring to pathology

### Male Patients

- The foreskin should be gently retracted and the glans cleaned with sterile water wipe.
- Do not use soap or disinfectants.
- Once you have commenced passing urine you should place a sterile container in the stream to obtain approximately 50 ml (almost full container) of urine.
- Ensure container is closed securely; place container in bag provided and keep in refrigerator until you are ready to bring to pathology.

### Pathology Collection

Angliss Hospital	-	9764 6135
Box Hill Hospital	-	9895 4905
Healesville Collection Centre	-	5969 9949
Wellington Road Collection Rooms		9981 2791
Maroondah Hospital	-	9871 3572
Tecoma Collection Rooms	-	9754 1441

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### Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site [www.easternhealth.org.au](http://www.easternhealth.org.au)  
Eastern Health is accredited by the Australian Council on Healthcare Standards.

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