

## **Urine for Cytology- Patient Instructions**

### **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 & 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**

Box Hill Hospital 9895 4905  
Maroondah Hospital 9871 3572  
Angliss Hospital 9764 6135  
Tecoma Collection Rooms 9754 1441  
Nelson Rd Collection Rooms 9899 5067  
Healesville Collection Centre 1300 793 622