

INFORMATION SHEET

Instructions to the patient for collecting mid-flow urine using the vacuum system

The preparation for collecting urine:

- It is recommended to collect the first urine in the morning for the urine analysis.
- If possible, do not eat or drink for at least 8 hours before collecting the urine sample.
- The period between the latest urination and the collection of the urine sample for the analysis should be at least 4-6 hours.
- Ask for an acceptable sample container from the lab, the referring doctor or the nurse. **NB! The use of available home sample containers (food or household containers) is prohibited.**
- The required sample containers for collecting mid-flow urine



A sample container

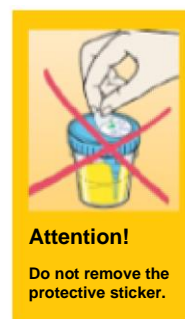
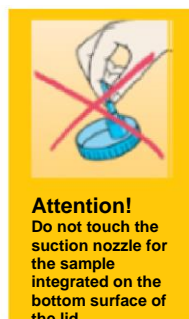


Urine vacuum tube(s)

- Before collecting the sample, wash your hands and the urethral area with warm running water. The use of soap and disinfectants is prohibited. To wash the outer mouth of the urethra, men have to pull back the foreskin and women have to spread the labia with their fingers. Dry the genitals lightly with a paper towel. If women have menstrual blood secretion, a tampon should be used.

The procedure of collecting urine

1. Remove the lid of the sample container and place it within easy reach, without touching its inner surface (sticker down, suction nozzle up). **NB! Do not remove the sticker from the lid of the sample container or touch the suction nozzle with your hand.**



2. Start urinating into the toilet bowl, then place the sample container under the urine stream without interrupting urinating, filling approximately 3/4 of the sample container (at least 50 ml). Finish urinating into the toilet bowl. Close the lid of the sample container tightly and transfer the urine from the sample container to the vacuum tube within 15 minutes. **NB! Do not remove caps from urine tubes!**

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Reference	JHA/183
Version	2

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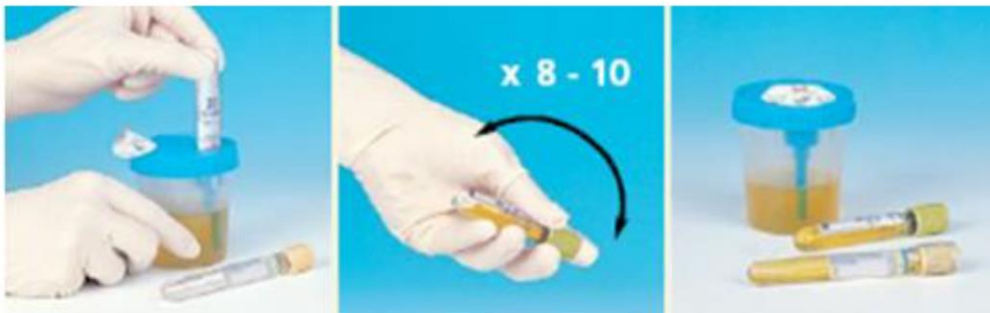
3. The order of filling vacuum tubes:

- I.** conventional and clinical chemistry analysis (beige cap) **II.** microbiological examination (olive green cap, 10 ml or 4 ml)



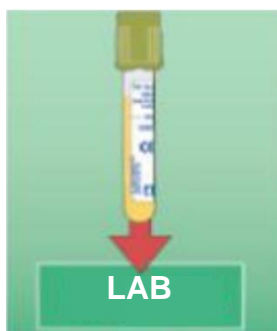
4. The transfer of urine to a vacuum tube:

- Remove the protective sticker from the lid of the urine container (keep the sticker). An opening with a rubber-coated needle appears.
- To fill the vacuum tube, insert the capped tube through the adapter in the opening of the lid to pierce the cap. Wait until the tube is completely full, i.e., until the urine flow into the tube stops.
- Remove the urine tube from the opening and, if necessary, fill another tube.
- Shake the urine tube with a gentle motion, turning the tube bottom up and down 8-10 times.
- Close the opening of the sample container with the sticker again, pour the remaining urine into the toilet bowl and throw the sample container in the household waste.



5. Write your name, personal ID number, the date and time of the urine collection on the urine tube.

6. Take the urine vacuum tubes to the laboratory within 4 hours of collecting the sample. Store samples in a refrigerator at +2 to +8 ° C until taking them to the laboratory.



The receipt of samples:

Mo-Fri 8.00-15.30, in room C101

The C-area of the 1st floor of the main building of Viljandi Hospital

Pärna tee 3, Jämejala village, Viljandi municipality