

Seymour Health Centre provided you with a sterile urine container(s) as requested by your healthcare provider. In order to produce a validated laboratory test result, please follow these instructions carefully.

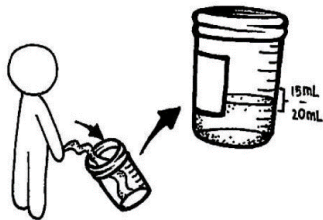


1. Wash and dry hands thoroughly.
2. Collect the urine sample.



Midstream

Begin urinating into the toilet. Without stopping the flow, collect a midstream sample before the urine stops flowing.



First stream

Urinate straight into the container until the 15-20mL line.



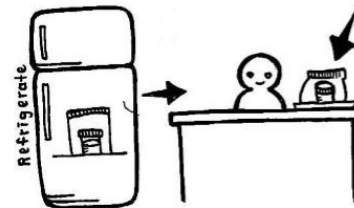
3. Close the container(s) tight. Ensure no leakage occur.



4. Wash hands with soap and water. Ensure Name, date of birth or Personal Health Number, date and time of collection are written on the container(s).



5. Place container(s) into plastic bag provided and seal.



6. Bring the container(s) back to the laboratory:
Midstream Urine: Within 1 hour of the collection
First Stream Urine: Same day of collection (Mon-Sun before 1:00 pm)

Delays may affect test results. Until sample can be brought to the laboratory, keep refrigerated.

In reference to Urine Sample Collection Procedures

Revision Number:	1.1 (new document)	Effective Date:	October 21, 2019
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NOTE: This is a CONTROLLED document. Any documents appearing in paper form that are not stamped in red "MASTER COPY" are not controlled.