



## **Patient Instructions for Urine Collection**

### **How to Provide a Urine Specimen for Routine Urinalysis and Culture**

The first morning specimen is the preferred specimen for analysis. Collection container: Use a sterile, wide-mouthed container to collect the specimen.

**Males:** Void a small amount of urine into the toilet, not the cup. Collect the rest of the specimen in the cup without stopping the stream.

**Females:** Spread labia while urinating. Void a small amount of urine into the toilet, not the cup. Collect the rest of the specimen in the cup without stopping the stream.

**Storage:** Refrigerate specimen immediately after collection and deliver to Oregon Medical Group Laboratory immediately. Specimens must be delivered within two hours if held at room temperature. Maximum refrigeration time for routine urinalysis is 12 hours and a routine culture is 24 hours. Urine for culture must be refrigerated immediately after collection and delivered to Oregon Medical Group laboratory as soon as possible.

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