



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.

Oregon Medical Group Adult Medicine 920 Country Club Road; Eugene, OR	Oregon Medical Group Southtowne Medical Clinic 1835 Pearl Street; Eugene, OR
Oregon Medical Group Center for Women's Health 330 Garden Way; ste 220; Eugene, OR	Oregon Medical Group Northside Medical Clinic 3915 River Road; Eugene, OR
Oregon Medical Group Crescent Medical Clinic 2830 Crescent Ave; Eugene, OR	Oregon Medical Group West Eugene Medical Clinic 4135 Quest Drive; Eugene, OR
Oregon Medical Group Garden Way Medical Clinic 330 Garden Way; #330; Eugene, OR	Oregon Medical Group Westmoreland Medical Clinic 1650 Chambers Street; Eugene, OR