
**Urine Collection Kit Should
Include:**

- ♦ Blank Identification Label
(complete after collection)
- ♦ 1 Sterile Collection Cup
- ♦ Biohazard bag
- ♦ 3 Cleansing towelettes



Home Urine Specimen Collection Guide



209 Health Park Drive
Libby, MT 59923



***Please read all instructions
BEFORE
beginning sample collection:***

- This is a sterile container. Do not open until you are ready to use it for urine collection.
 - DO NOT touch the inside of the cup.
 - Only sterile collection containers are accepted.
1. Wash hands thoroughly with soap and water prior to collection.
 2. Follow mid-stream clean catch instructions on next page.
 3. Return the sample to the Cabinet Peaks Medical Center Outpatient Laboratory Services as soon as possible.

Specimens with the following conditions will NOT be accepted for testing:

- ♦ Specimen submitted in a non-sterile container.
- ♦ Specimens not refrigerated immediately or refrigerated for longer than 24 hours.
- ♦ Specimens not properly labeled

Collection Instructions Midstream/Clean Catch

Female Cleansing Instructions

1. While sitting on the toilet, hold the outer folds of the vagina apart with one hand. With the other hand, wash the vaginal area from the front to the back using the first towelette.
2. Repeat the cleaning process with the 2nd and 3rd towelette.
3. Continue holding the outer vaginal folds apart and begin to urinate into the toilet. After the first few teaspoons, place the sterile container under the stream of urine and collect the rest of the urine in the sterile container. (1/4 cup is adequate)



Male Cleansing Instructions

1. Hold back the foreskin if necessary, and gently wash the end of the penis with one towelette.
2. Repeat the cleaning process using the 2nd and 3rd towelette.
3. Continue holding back the foreskin and urinate into the toilet. After the first few teaspoons, place the sterile container under the stream of urine and collect the rest of the urine in the sterile container. (1/4 cup is adequate)



Label collection cup with your:

- Full Name
- Date of birth
- Date of collection
- Time of collection

Specimen Handling

- Store and transport to laboratory within two hours of collection.
- If transport is delayed, store container in the refrigerator.
- Maximum storage time (most tests) is 24 hours.

When returning sample to the Lab at Cabinet Peaks Medical Center

During daytime hours, please present to the registration desk by the main entrance to register the sample and bring a written order from your healthcare provider if one was given to you.

After registration, proceed down the hall to the right and then to the laboratory on the left. A member of the lab staff will log your order and accept your specimen. Please make sure you hand your specimen directly to a member of the lab staff.

If you have any questions, please call the laboratory at 406-283-7090.