

 <b>First Clinic</b> Ospedale San Raffaele	<b>PREPARATION: URINE COLLECTION FOR COMPLETE URINE TEST AND URINE CULTURE</b>	cod. S 92 date 11/04/2024 rev. 8
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Dear Sir/Madam,

Please be advised that it is important to follow the instructions below to perform this test.

### PREPARATION FOR URINE SAMPLE COLLECTION

- o Use a sterile container from a pharmacy.
- o Collect the first morning urine.
- o Use disinfectant or normal cleansing soap/wipes for intimate hygiene and disposable paper towels or gauze.

#### Instructions for women:

1. Wash hands thoroughly with soap and water.
2. Wash the external genitalia well using a soapy solution, spreading the knees as wide as possible, and spreading the labia majora with one hand; keep them spread apart during cleansing and urine collection.
3. Wash from front to back.
4. Rinse with water in the same motion from front to back.
5. Dry yourself using wipes or gauze one at a time, discarding them after each step.
6. Open the container and hold it with your fingers on the outer wall without touching the rim with either your fingers or your skin; urinate by eliminating the first stream and, without stopping urination, collect the intermediate micturition directly into the container.
7. Take care that the urine stream does not drip onto the skin but is well directed to the container.
8. Close the container carefully and make sure no liquid leaks out.

#### Instructions for men:

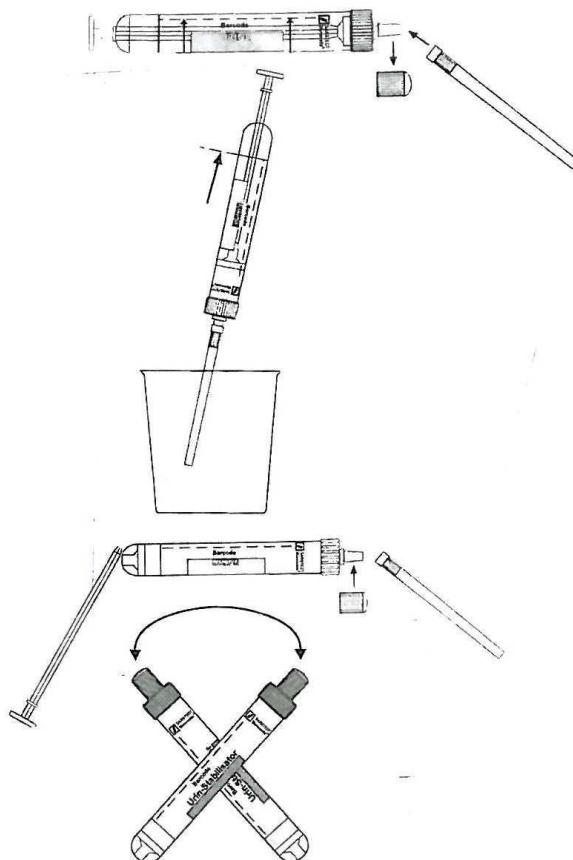
1. Wash hands thoroughly with soap and water.
2. Wash the external genitalia thoroughly and repeatedly after completely retracting the skin over the glans using a soapy solution.
3. Rinse them thoroughly with water.
4. Dry yourself using a clean towel.
5. Open the container and hold it with your fingers on the outer wall without touching the rim with either your fingers or your skin; urinate by eliminating the first stream and, without stopping urination, collect the intermediate micturition directly into the container.
6. Take care that the urine stream does not drip onto the skin but is well directed to the container.
7. Close the container carefully.

### SAMPLE DELIVERY

The container should be kept refrigerated until it is delivered to the Collection Center during opening hours.

Compiled by	Verified by	Approved by
Laboratory Director Dr. Laura Soldini	Quality Assurance Safety Environment Dr. Stefania Fazzone	Health Management Dr. Gabriele Pellicciotta

In case of using the green Monovette dedicated to urinoculture test:



- Insert the cannula into the container and aspirate with the piston of the Monovette until completely filled.
- Detach the cannula, break the piston, and close the Monovette with the appropriate cap; shake by turning it upside down 2-3 times.
- Discard the container with any excess sample and deliver the Monovette to the Collection Center during opening hours.

The yellow Monovette is dedicated to complete urine test.

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