

# Urine Collection Procedure



1. Place the collection cup into the flow of urine and fill to approximately 3/4 full.

2. Slowly pour some of the urine from the cup to the sample tube.  
Fill the tube level with red dashed line the top of the label .



4. Screw the lid firmly onto the tube to ensure a good seal.

5. Using a ball point or fibre tip pen, label the tube with your name, date of birth and date/time of collection.  
Alternatively, if you have been provided with a printed request form, attach one of the adhesive name stickers to the tube along with the date/time of collection.

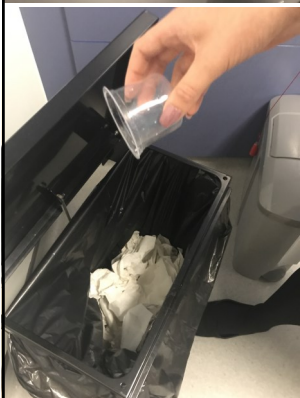
6. If a specimen bag has been provided, place the tube into the specimen bag and seal it tight



7. When the tube is filled the remaining urine in the cup is no longer required, discard the remaining urine in the toilet.



8. Rinse the empty cup with clean water to remove any residual urine.



9. Discard the cup in your dustbin. It is not necessary to return the cup to your doctor's surgery.