

Dynacare®

SPECIMEN COLLECTION INSTRUCTIONS

URINE FOR CULTURE AND SENSITIVITY

For this test you will need:

- Collection of the first morning urine
- To bring urine samples to a Dynacare Laboratory and Health Services Centre within two hours of collection. If this is not possible the samples must be refrigerated

immediately and received by Dynacare within 24 hours from collection.

To collect specimens for this test you'll need containers provided at Dynacare Laboratory and Health Services Centres. The first morning urine should be collected. If not, the urine should be held in the bladder as long as possible before collection.

If you are a female:

- Clearly label container with your full name and date of collection.
- Wash and dry hands thoroughly.
- Wash the area from which you pass urine. Soak sponge or washcloth with soap. Using one sponge or washcloth at a time, wipe only from the front to the back between the folds of your skin.
- After washing with soap, rinse with warm water using a clean sponge or washcloth.
- Remove lid from container and set lid upside down. Do not touch inner surface.

If you are a female (continued):

- Squat over toilet, separating skin of the vulva. Continue to hold skin apart and pass a small amount of urine into the toilet, then collect in container.
- Secure lid tightly.
- Return container to a Dynacare Laboratory and Health Services Centre or to your clinician's office, along with the requisition.
- Refrigerate sample if not returned to a Dynacare Laboratory and Health Services Centre or to your clinician's office immediately.

If you are a male:

- Clearly label container with your full name.
- Wash and dry hands thoroughly.
- Expose penis, retract foreskin (if not circumcised) and, if necessary, wash with sponge or washcloth soaked with soap.
- Rinse with a clean sponge or washcloth soaked with warm water.
- Remove lid from container and set lid upside down. Do not touch inner surface.
- Pass a small amount of urine into the toilet, then collect into container. Do not touch container opening.
- Secure lid tightly.
- Return container to a Dynacare Laboratory and Health Services Centre or to your clinician's office, along with the requisition.
- Refrigerate sample if not returned to a Dynacare Laboratory and Health Services Centre or to your clinician's office immediately.