

URINE CYTOLOGY SPECIMEN COLLECTION INSTRUCTIONS

PATIENT INSTRUCTIONS

Urine samples for cytology are optimal if repeated on three (3) consecutive days.
DO NOT collect more than one sample per day.

You may drink a glass of water every 30-minutes over a 2 hour period (you may urinate during this 2 hour period and discard urine).

Step	Collection Instructions:
1.	<p>Confirm the collection container is labeled correctly with:</p> <p>your (patient) first and last name and a second identifier such as your date of birth or healthcare number.</p> <p><i>Incorrectly or incompletely labeled specimens will not be tested.</i></p>
2.	Discard your first urine of the day. DO NOT KEEP THIS URINE.
3.	<p>When the next urge to urinate arises, collect the specimen as follows:</p> <ol style="list-style-type: none"> 1. Remove the lid from the specimen container making sure not to touch or contaminate the inside of the lid or container. 2. Fill the container to at least half full. 3. Replace the lid tightly on the container. 4. Place the specimen container in a zip-lock bag and seal securely. 5. Keep the sample upright to avoid leakage/spills.
4.	Refrigerate the sample if you are not delivering it to the CML HealthCare Client C.A.R.E. Centre (CCC) immediately.
5.	You must transport urine sample(s) to a CML HealthCare CCC within 12 hours of collection.

If you have any questions, please contact your local CML HealthCare Client C.A.R.E. Centre at:

CML HealthCare