First void urine
Morning collection is preferred. Do not urinate for at least one hour prior to collection. This is not the same specimen collection procedure as a clean catch midstream urine. If both types of specimens must be collected, perform this procedure first, and then follow the clean catch instructions. Do not cleanse the genital area prior to specimen collection. Read all directions and the patient checklist prior to starting collection.

Directions
- Wash your hands thoroughly with soap and water and dry them.
- Open the urine cup. Do not touch the inside of the container or lid.
- Urinate directly into the container, collecting the first portion of urine.
- Fill the container 1/3 to 1/2 full (do not overfill).
- Finish urinating into the toilet OR if you are also collecting a clean catch mid-stream, follow the clean catch instructions.
- Make sure the lid is fastened evenly and securely.
- Wipe off the cup with a paper towel.
- Wash your hands.
- Label the cup with the patient's full name, date of birth, and date and time of collection.
- Deliver the sample as soon as possible to the lab or office.

Sputum collection
Read all directions and the patient checklist prior to starting collection.

Directions
- Rinse your mouth with water.
- Inhale and then cough deeply (from the diaphragm) and expel directly into an opened specimen cup. Avoid collecting saliva or spit.
- Repeat three to four times until at least a tablespoonful is collected.
- Make sure the lid is fastened evenly and securely and always keep the container(s) upright.
- Label the container with the patient’s full legal name, date of birth, and collection date.
- Deliver the sample as soon as possible to the lab or office.

Stool collection
- If you have several multicolored topped vials to fill, you may fill multiple vials from the same bowel movement if they do not have the same-colored top. Each colored top container is used for different testing. If collecting multiple specimens for ova and parasite, it is often recommended that a minimum of three specimens be collected over the course of seven to 10 days.
- If collecting for Clostridium Difficile (“C-diff”) your stool must be liquid or watery. Soft or formed stools will be rejected. Contact your health professional if your stools are no longer liquid and they have ordered this test.
- Read all directions and the patient checklist prior to starting collection.

Directions
- Collect the specimen in a dry, lab-approved container, such as a plastic disposable collection toilet pan. The lab or office will provide you with collection materials.
- Do not contaminate the stool specimen with water or saliva.
- Collect the specimen in a dry, lab-approved container, such as a plastic disposable collection toilet pan.
- Make sure the lid is fastened evenly and securely.
- Wipe the outside of the container with a paper towel.
- Wash your hands.
- Label the container(s) with the patient’s full legal name, date of birth, and date and time of collection.
- Deliver the specimen as soon as possible to the lab or office.

Kidney stone analysis collection
Most stones are small enough to pass out of the body on their own. Each urine collection should be filtered until the stone has passed. It is important to filter your urine during your first morning void, because the stone may have passed to the bladder or urinary tract during the night. Read all directions and the patient checklist prior to starting collection.

Directions
- Use the filter provided to filter urine.
- Check the filter for any particles that may be a stone. The stone can be very small and look like a grain of sand or small piece of gravel. Check the filter carefully.
- If a stone is found, place it in the clean, dry container provided.
  - Do not tape the stone to the container or tape will affect testing.
  - Do not put any liquid in the container.
  - Do not send the filter.
- Label the container(s) with the patient’s full legal name, date of birth, and date and time of collection.
- Keep the container and stone at room temperature in the bag provided.
- Deliver the specimen as soon as possible to the lab or office.

Approved for distribution by System Patient Education Council.
The specimen you will be collecting at home will provide essential information to your physician and care team. It is important to carefully follow all instructions to ensure your sample provides accurate results. This helps decide the next steps, if any, in your treatment plan.

**Patient checklist for every specimen**
- Wash your hands thoroughly with soap and water and dry them, both before and after collection.
- Make sure the lid is fastened evenly and securely and always keep the container(s) upright.
- Try not touch the inside of the container or lid.
- Label the specimen container(s) clearly to include:
  - Patient’s full legal name
  - Patient’s date of birth
  - Time and date of collection
- Return the container(s) with your specimen to any outpatient lab as soon as possible (within 24 hours). No appointment is necessary, but any specimens will need to be registered at the time of delivery to ensure it was collected correctly. For a list of lab locations and hours, please visit: spectrumhealth.org/lab. All sites have limited Saturday hours and are closed on Sundays and major holidays.
- If you need a second or new container, or any collection supplies, please request these from the lab or office.
- For questions on collection or results, please contact your provider’s office or use MyChart: mychart.spectrumhealth.org.