
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 $\frac{1}{3}$ to $\frac{1}{2}$ 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 and always keep the container(s) upright.
- 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 date and time of collection.
- 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 urine or scoop the sample from the toilet bowl.
- If the stool is liquid, transfer the specimen by pouring it from the clean pan into the testing vials. If the stool is solid, use the scoop provided with each vial to transfer the specimen to the testing vials.
- Some vials include a liquid. This is a preservative. Do not discard the liquid or wash the inside of the vial.
- Fill the vials until the liquid reaches the line on the label. Do not overfill.
- Colored vials should be kept room temperature. The white cap vial may be refrigerated until you

are ready to transport it to the lab.

- Discard the scoop and the collection toilet pan after you have completed all collections.
- Make sure the lid is fastened evenly and securely and always keep the container(s) upright.
- Label all 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 as 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.

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This handout does not take the place of a discussion with your health care team. Discuss any questions or concerns you may have with your health care team.

Approved for distribution by System Patient Education Council.



Lab Specimen Home Collection

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](https://www.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 this from the lab or office. Do not use a home container as there may be residue that can contaminate the specimen.
- For questions on collection or results, please contact your provider's office or use MyChart: mychart.spectrumhealth.org

- **CAUTION:** Some kits have a liquid, powder, or tab inside. This is a preservative necessary for the accuracy of the test your doctor has ordered. Do not discard or rinse out. Do not drink or ingest. Keep out of reach of children. In case of skin or eye contact, flush with water. If irritation persists, contact your physician. In case of swallowing, call poison control immediately **800.222.1222**.

24-Hour urine collection

This test is valid only if the collection includes all urine passed in a 24-hour period. If any of the urine passed during the 24 hours is not put into the lab-approved collection container, the test will be inaccurate. Read all directions and the patient checklist prior to starting collection.

Directions

- Continue your normal diet, medication, and fluid intake during the urine collection period, unless otherwise directed by your doctor.
- Wash your hands thoroughly with soap and water and dry them before and after each collection.
- Start the collection period when you arise for the day. Urinate in the toilet and flush. This urine is not collected since it was formed before the collection period. Record this time as the time your start time.
- After the start time, collect all urine that you pass for the next 24 hours. You may collect urine in a lab-approved container first (such as a urine cup or disposable urine pan), and then immediately pour the urine into the larger container jug. The jug may have a preservative in it. Do not throw out the preservative or rinse the jug. If you need a second container, please obtain these from the lab.
- Should you have a bowel movement during the 24-hour period, try to pass your urine prior to the bowel movement to avoid loss of urine. Do not let

any toilet paper or stool (feces) get into the jug, this will contaminate the specimen.

- Stop collecting your urine 24 hours after you started. Collect the last specimen as close as possible to the end of the 24-hour period. Record the time you completed the urine collection period.
- Keep all urine refrigerated during the collection period, except urine uric acid specimens, which must be kept at room temperature. You may store refrigerated specimen container(s) in a cooler with ice.
- Make sure the lid is fastened evenly and securely and always keep the container(s) upright.
- Label the container(s) with the patient's full legal name, date of birth, start and end times and dates of collection.
- Deliver the specimen as soon as possible to the lab or office.

Clean catch midstream (CCMS)

Urine collection

A clean-catch specimen is a way of collecting urine that contains less bacteria from the skin. Read all directions and the patient checklist prior to starting collection.

Directions

Female

- Wash your hands with soap and water and dry them.
- Open the urine cup. Do not touch the inside of the container or lid.
- Set the wipes and cup within reach of the toilet. Sit on the toilet.
- Using the opened wipe, clean the genital area (private area) from front to back.
- Throw the wipe in the trash.
- Urinate a few drops into the toilet.

- Then, collect the middle part of the urine (stream) into the cup.
- Finish urinating into the toilet.
- Make sure the lid is fastened evenly and securely and always keep the container upright.
- 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 specimen as soon as possible to the lab or office.

Male

- Wash your hands with soap and water and dry them.
- Open the urine cup. Do not touch the inside of the container or lid.
- Set the wipes and cup within reach of the toilet.
- Using the opened wipe, clean the tip of your penis.
- Throw the wipe in the trash.
- Urinate a few drops into the toilet.
- Then, collect the middle part of the urine (stream) into the cup.
- Finish urinating into the toilet.
- Make sure the lid is fastened evenly and securely and always keep the container upright.
- 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.