

Urine Sample Collection – Routine Urinalysis

For the Routine Urinalysis, a sample from a single urination — preferably the first morning urine — is required, collected in a clean, sterile container provided by our blood collection point or the pharmacy.

Before Collection

- Wash your hands thoroughly.
- Clean the genital area with water or a mild, non-perfumed soap.
- Rinse well and dry with a clean towel or tissue.



How to Collect the Sample (Midstream Clean-Catch)

1. Begin urinating into the toilet.
2. Midway through urination, place the sterile container under the urine stream.
3. Collect about $\frac{1}{2}$ of the container.
4. Finish urinating into the toilet.
5. Close the container tightly. Avoid touching the inside of the lid or container.



Transporting the Sample

- Bring the sample to our blood collection point within 1 hour.
- If immediate delivery is not possible, refrigerate at 4–8°C and deliver as soon as possible.
- Do not leave the sample in warm or sunny areas.

