

## Patient instructions for taking of specimens for urine culture and urine test (random sample)

### Preparation:

Only use approved urine tubes that have been obtained from the laboratory or clinic. Urine tubes can also be purchased at pharmacies.

Try to keep urine in the bladder as long as possible, preferably 4 hours. It is best to take the sample in the morning.

### Follow these instructions:

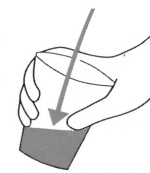
Women: Separate the labia

Men: Pull back the foreskin

Begin urinating into the toilet.



Then place the urine tube in the urine stream.



Remove the urine tube and finish urinating in the toilet.



Seal the urine tube tightly and label with your name and personal identity number.  
**Keep the urine sample cold (refrigerator temperature).**

The sample should be promptly handed in to the laboratory.