

URINE TEST AND RESEARCH ON IMPROMPTU URINE

MATERIAL NEEDED FOR COLLECTION

Clean container (e.g. disposable plastic cup).

Conical bottom tube with white cap supplied by the Sampling Center or available in pharmacies for complete urine examination and morphological study of blood cells.

Beige cap test tube for research on impromptu urine (Calcium, Phosphorus, Sodium, Potassium, Magnesium, alpha amylase, Chlorine, Microalbuminuria, Urea, Uric acid, Creatinine and extemporaneous proteinuria)

INDICATIONS AND METHODS OF COLLECTION

For **complete urine test** and **impromptu urine research**, collect the first urine of the morning from mid- stream upon waking.

For urine test for **morphological study of the haematias**, urinate in the morning when wake up and throw away the urine emitted, collect the urine **at least two hours after the first urination**.

1. Wash your hands and external genitalia well with soap and water (do not use disinfectants), rinse and dry thoroughly.
2. Uncover the glans (for men) or spread the lips of the vulva with your fingers (for women).
3. Urinate by discarding the first jet and, without interrupting urination, collect the urine subsequently emitted in a clean container (e.g. disposable plastic cup).
4. Transfer the urine into the test tube and cap it carefully.
5. Identify the test tube by writing the personal data (name, surname and date of birth) on the label
6. Deliver the urine to the Blood Collection Center within two hours of collection.

Attention: urine for the morphological study of blood cells must be delivered exclusively to the Seriate sampling center **within a maximum of 1 hour** from collection.

CAUTION

Avoid contamination of the urine with blood (menstruation, vaginal blood loss, hemorrhoids, heavily bleeding anal fissures).

In the 24 hours prior to the collection, avoid prolonged physical exertion and abstain from sexual intercourse, the evening before the collection reduce fluid intake.

