

## PATIENT INFORMATION SHEET – SPOT URINES

### INTRODUCTION

You have been asked to collect a small sample of urine. Please read the following instructions carefully so that your sample is collected into the right container and tested within the required time after collection (some tests need to be done very soon after the urine is collected).

### HOW DO I COLLECT THE URINE?

It is best to collect what is called a 'mid-stream urine'. Pass a small amount of urine into the toilet bowl, then pass a sample into the container. Do not allow the container to touch your body and keep fingers away from the rim and inner surface of the container. Fill the container three-quarters full.

### WHAT TIME DO I COLLECT THE URINE?

You can collect your sample at any time, but the best sample is the first urine in the morning. This is because the first urine is concentrated and therefore is likely to give the best results. Some urine samples collected at other times may be too dilute and you will then have to collect another sample.

### WHAT DO I COLLECT THE URINE INTO?

You should be given either a container with a white top or a red top. The red top container has a preservative. It is important that you collect your urine sample into the correct container.

**Red Top:** This is used for Microbiology tests which are looking for infections in your urine.

**White Top:** All other urine tests.



If you have been given both a red top and a white top bottle then collect the urine into the red top first.

### WHAT DO I THEN DO WITH THE URINE SAMPLE?

For most tests you can bring your urine sample the same day to the blood test centres at either Basildon, Orsett, St. Andrew's or Brentwood Community Hospital. If there is any delay you must keep the sample cool, but you are advised not to put it in the fridge.

There are a few tests that require the urine sample to be processed as soon as possible. Your Doctor should tell you if this is the case. It will usually be a Doctor who specialises in Kidneys and the tests are called either 'Red Cell Morphology' or 'Urine pH'.

For these tests you must bring the sample to Basildon blood test centre immediately after collection (within 1 hour). It may be easier for you to collect the sample at Basildon. You must hand in your sample to a member of staff – do not just leave it on the counter.

### DO I HAVE TO WRITE ANYTHING ON THE URINE CONTAINER LABEL?

**YES!** - You must write the date and the time that you collected the sample on the label. You will also need to write your name and date of birth unless your details are already on the container.

**PLEASE NOTE THAT YOUR SAMPLE WILL NOT BE TESTED UNLESS IT HAS YOUR NAME, DATE OF BIRTH AND THE DATE AND TIME OF COLLECTION OF THE URINE ON THE LABEL.**

If you need any more information, please telephone the laboratory on 0845 155 3111 extension 3030 or ask your Doctor.