



LABORATORY
PATIENT INFORMATION SHEET
Urine For Cytology Collection

1. Urine samples for cytology are optimal if repeated on three (3) consecutive days. Do not collect more than one sample per day.
2. Discard your first urine of the day. **DO NOT KEEP THIS URINE.**
3. When the next urge to urinate arises collect the specimen as follows (Note: you may drink a glass of water every 30 minutes over a 3 hour period if needed to obtain the specimen.):
 - Remove the lid from the specimen container making sure not to touch or contaminate the inside of the lid or container.
 - Females: Before urinating, labia must be spread apart
Males: Before urinating, foreskin (if present) must be retracted.
 - “Midstream Urine” process: **Begin urinating into the toilet** and then move the container into the urine stream to collect the sample.
 - Fill the container to at least half full.
 - Replace the lid tightly on the container.
 - Write your full name, date of birth and Health Card (OHIP) number, date and time collected on the container.
 - Place the specimen container in a zip-lock transport bag and seal it.
 - Keep the sample upright to avoid leakage/spills.
 - Refrigerate the sample if you are not delivering it to the lab immediately.
 - You must transport this sample to a Laboratory Specimen Collection Centre within 12-hours.

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