

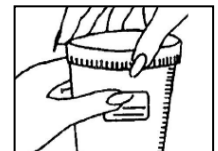
**South Zone Urine Collection -  
Cytology**

| <b>How to prepare</b>  | <ul style="list-style-type: none"> <li>Wash hands thoroughly with soap and water.</li> <li>Remove lid from empty sterile container. <b>DO NOT</b> touch the inside of the container or the lid.</li> <li>Open the antiseptic towelettes and removed from package.</li> </ul>   |       |         |  |                                  |  |                                       |
|--|--|-------|---------|--|----------------------------------|--|---------------------------------------|
| <b>Risks or Cautions</b>   | <ul style="list-style-type: none"> <li>The fluid in the specimen container is <b>POISON</b> (CytoLyt Solution – Contains: Buffered Methanol). If swallowed, call <b>POISON CONTROL (1-800-332-1414)</b>.</li> <li><b>DO NOT</b> discard fluid.</li> <li>Collect specimens Sunday through Thursday <b>NOT</b> Friday or Saturday (this is to avoid urine sitting for a prolonged period).</li> <li><b>DO NOT</b> use first morning voided urine.</li> <li>If doctor orders more than one urine specimen, each specimen must be collect on a separate day.</li> </ul>  |       |         |  |                                  |  |                                       |
| <b>Labelling the Sample</b>  | <p>Label the collection container with:</p> <ul style="list-style-type: none"> <li>Your (the patient) <b><u>full first and last name, date and time of collection, Provincial Health Insurance (PHN/ULI), or Government issued identification such as (Federal, Military, RCMP, Immigration, Passport #)</u></b></li> <li>If you have been provided with a patient label, attach this label to the outside of the container.</li> <li>Incorrectly or incompletely labeled specimens may not be tested.</li> </ul>  |       |         |  |                                  |  |                                       |
| <b>Lab Requisition</b>   | <ul style="list-style-type: none"> <li><b>Print</b> the date/time the sample was collected on your lab requisition.</li> <li><b>Fold</b> and place the requisition in the <b>outside</b> pocket of the biohazard bag. <b>Do not</b> put the requisition in the bag with the sample collection container.</li> </ul>  |       |         |  |                                  |  |                                       |
| <b>Collecting the Sample</b>   | <p>Please see reverse for instructions</p>   |       |         |  |                                  |  |                                       |
| <b>Sample Delivery to Lab</b>  | <ul style="list-style-type: none"> <li>Return sample and requisition to the laboratory as soon as possible.</li> </ul> <table border="1" data-bbox="289 1218 1494 1396"> <thead> <tr> <th data-bbox="289 1218 889 1255">If...</th> <th data-bbox="889 1218 1494 1255">Then...</th> </tr> </thead> <tbody> <tr> <td data-bbox="289 1255 889 1323">You are able to deliver the sample within 30 minutes of collection</td> <td data-bbox="889 1255 1494 1323">Store sample at room temperature</td> </tr> <tr> <td data-bbox="289 1323 889 1396">You are unable to deliver the sample within 30 minutes of collection</td> <td data-bbox="889 1323 1494 1396">Refrigerate sample for up to 24 hours</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Prolonged delays may affect the test results.</li> </ul> | If... | Then... | You are able to deliver the sample within 30 minutes of collection | Store sample at room temperature | You are unable to deliver the sample within 30 minutes of collection | Refrigerate sample for up to 24 hours |
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| You are able to deliver the sample within 30 minutes of collection   | Store sample at room temperature   |       |         |  |                                  |  |                                       |
| You are unable to deliver the sample within 30 minutes of collection | Refrigerate sample for up to 24 hours  |       |         |  |                                  |  |                                       |
| <b>Questions About Your Collection?</b>                              | <p>Lethbridge – (403) 388-6057<br/>Medicine Hat – (403) 529-8919</p>   |       |         |  |                                  |  |                                       |

**Male**

**Collecting  
the Sample -**

1. Retract the foreskin (if not circumcised) and wipe penis with towelette provided wiping from urethral opening toward you. Repeat with second towelette. Discard towelettes into garbage can, not into toilet.
2. With foreskin retracted urinate (pee) a small amount of urine into the toilet then, without stopping, urinate into the container. Do not over fill the container. Excess urine may be passed into the toilet.
3. Place lid on container and mix urine by gently inverting container several times.
4. Transfer a portion of your urine into the container with the fluid supplied by the laboratory. Add urine until the total liquid volume reaches the fill line indicated on the container.
5. Firmly tighten the lid onto the container. Dry the outside of the container if it is wet.
6. Wash hands thoroughly with soap and water after collection.
7. Place container into biohazard bag.



**Female**

**Collecting  
the Sample**

1. Sit on the toilet and hold labia (lips) apart. Thoroughly clean genital area with towelette provided using a front to back motion. Repeat with second towelette. Allow to air dry completely before urinating (peeing). Do not wipe dry. Discard towelettes into garbage can, not into toilet.
2. Continue to hold labia apart while urinating. Urinate (pee) a small amount of urine into the toilet then, without stopping, urinate into the container. Do not over fill the container. Excess urine may be passed into the toilet.
3. Place lid tightly on container and gently mix urine by inverting container several times.
4. Transfer a portion of your urine into the container with the fluid supplied by the laboratory. Add urine until the total liquid volume reaches the fill line indicated on the container.
5. Firmly tighten the lid onto the container. Dry the outside of the container if it is wet.
6. Wash hands thoroughly with soap and water after collection.
7. Place container into biohazard bag.

