

# Urine collection instructions

In consultation with your physician or GP, you will have a urine test. If you have an infection, your urine will contain pathogenic micro-organisms. These are bacteria or yeasts. For this test, you will collect urine at home. This leaflet contains information about how to do this.

## Yellow envelope

Your physician or GP has given you a yellow envelope. This envelope contains all the information you need in order to collect your urine, including an application form completed by your physician or GP.

## What does the yellow envelope contain?



*urine collection tube and straw container*

*absorption sheet*

*safety bag*

## Urine collection instructions

The urine collection instructions can be found on the back of this leaflet. Please read these instructions carefully before starting.

## Handing over the envelope (\*)

Your physician or GP will tell you where to hand over the envelope. You should do this as soon as possible after collecting the urine.

## Your questions

If you have any questions about the collection of urine and/or the test results, you should contact your physician or GP. If you have any other questions, you can contact the laboratory:

- telephone 072 - 548 3664
- e-mail [servicemicrobiologie@nwz.nl](mailto:servicemicrobiologie@nwz.nl)

*More information about the laboratory can be found at [www.nwz.nl](http://www.nwz.nl) under the specialism: medical microbiology (medische microbiologie).*

## Urine collection instructions

Please follow the instructions below carefully:

1. write down your name and date of birth on the tube in clear block letters
2. leave the cap on the tube
3. you should preferably collect morning urine
4. wash your hands before urinating
5. remove the lid from the urine collection container
6. pass a little bit of urine first and then collect as much urine as possible in the urine collection container, at least 20 ml. If you have a urinary catheter, you should collect urine from the tube, not from the bag
7. tightly put the lid on the container to prevent it from leaking
8. hold the container upright in your hand and tilt it back and forth 3 to 5 times
9. now remove the lid from the container again and put the straw into the urine.  
**Be careful:** the cap of the straw contains a sharp needle
10. push the tube with the cap downwards as far into the opening of the cap of the straw as possible. The tube now fills with urine automatically. When the filling stops, you should pull the tube from the opening of the container and remove the straw
11. gently tilt the tube back and forth 8 to 10 times and check if the tube shows your name and date of birth
12. put the tube together with the absorption sheet in the safety bag and close the safety bag
13. throw away the remaining urine from the container into the toilet or bedpan cleaner. Throw the container and the straw into the waste bin
14. put the safety bag and the application form in the yellow envelope
15. store the envelope in the refrigerator

Now read the following chapter on the front of this leaflet: Handing over the envelope (\*)



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**Do not remove the cap**

### Important

If the tube does not fill with urine, you should hand over the sealed collection container. Write down your name and date of birth on the container and proceed to point 12.



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