



## URINARY TRACT SPECIMEN COLLECTION INSTRUCTIONS

### MATERIALS PROVIDED

- 1 sterile swab
- Small urethral swab (upon request)
- Sterile urine collection cup (upon request)
- 1 molecular transport tube
- 1 specimen bag
- 1 UPS/FedEx Lab Pak mailer

To request additional supplies, call Customer Care at 505.609.LABS

### SPECIMEN COLLECTION

To ensure safety and validity of the sample, it is important to follow these instructions.

#### NON-CLEAN-CATCH URINE COLLECTION PROCEDURE

A first morning sample or sample collected longer than 1-2 hours since prior urination maximizes sensitivity of detecting urinary system pathogens.

#### PATIENT INSTRUCTIONS

1. Wash hands thoroughly with warm water and soap.  
**Females:** Holding labia apart, collect first ~10-15 mL urine into provided sterile urine cup.  
**Males:** Retract foreskin (as applicable), collect first ~10-15 mL urine into sterile urine cup.
2. Securely place cap on urine cup, and give to the clinical technician.

#### CLINICAL TECHNICIAN INSTRUCTIONS

Don gloves and choose one of the following options for specimen preparation.

#### URINE SPECIMEN PREPARATION INSTRUCTIONS

##### Option 1: Using the Sterile swab

- a. Open the urine collection cup, molecular transport tube and swab.
- b. Using a circular motion, completely saturate swab with 10-15 circular sweeps of the collection cup.
- c. Place the swab in the molecular transport tube.
- d. Snap off excess handle and securely tighten tube cap.
- e. Keep the tube in an upright position for 10 - 15 minutes.

##### Option 2: Using a sterile plastic transfer pipette (not provided)

- a. Open the urine collection cup, molecular transport tube and the plastic transfer pipette (not provided).
- b. Using the pipette, stir the urine 10-15 times to mix the sample.
- c. Transfer no more than 0.5 mL of urine from the collection cup to the molecular transport tube.
- d. Securely tighten the cap of the molecular transport tube.
- e. Keep the tube in an upright position for 10 - 15 minutes.

#### CATHETERIZED PATIENT PROCEDURE

Specimen collection from patients with indwelling catheters requires aseptic technique.

1. Don gloves.
2. Clamp catheter tubing above the port to allow collection of freshly voided urine (minimum 2 mL urine required).
3. Vigorously clean the catheter port or wall of the tubing with 70% ethanol.
4. Aspirate urine via sterile needle (direct tubing puncture and aspiration), or syringe (if port has a Luer lock type fitting).
5. Eject the aspirated urine into a sterile urine collection cup.
6. Remove the sterile swab from the packaging.
7. Place the swab in the molecular transport tube.
8. Break the swab at the indentation mark and securely tighten the cap on the tube.
9. Keep the tube in an upright position for 10 - 15 minutes.