



## Collecting urine in portions

### Why this brochure?

Your attending physician told you that he/she wanted to have your urine tested. You have been given a bag containing a jar, tubes and an application form for this. This brochure explains how you can collect your urine. Before you start, please read the brochure and the instruction leaflet with the pictures completely through. To make the urine test successful it is important that you follow the instructions very carefully.

### What do you hand in?

When handing in the urine, you need three things:

- The tubes with urine
- The application form
- Your patient ID card – If you do not have a patient ID card yet please have one made first. Please go to the registration desk (house number 069) at the entrance of the MCA at Wilhelminalaan.

Please make sure you hand in the collected urine as soon as possible; at least within two hours after collection. The specimen laboratory is open from Monday to Friday from 8am to 5pm.

### Where can you find the laboratory?

You can find the specimen laboratory on the ground floor of the Medical Centre Alkmaar (house number 035). This department is part of the Laboratory for Clinical Chemistry, Haematology and Immunology at Wilhelminalaan 12, 1815 Alkmaar. The specimen laboratory can be reached through two entrances:

- Wilhelminalaan entrance – From the porter, follow the red line on the ground to the left until the black dot. Turn left there to the laboratory.
- Metiusgracht entrance – Follow the red line on the ground to the black dot. Turn right before these stairs. You will automatically find the laboratory.

### Route description and parking

An up-to-date route description and information on parking at the Medical Centre Alkmaar can be found on our website [www.mca.nl](http://www.mca.nl). There is also a brochure 'Routebeschrijving naar het MCA' (Route description to the MCA). You will find this brochure in the brochure rack at the patient information desk (house number 037).

### Results

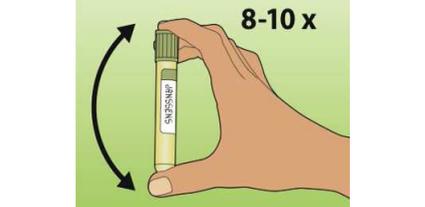
Your physician will discuss the results of the urine test with you.

### Your questions

If you have any questions, you can contact the staff members of the specimen laboratory. You can reach them by telephone on work days from 8am to 5pm on (072) 548 36 50.



Instruction leaflet

  <p>1                      2</p> <ol style="list-style-type: none"> <li>1. You will find a urine container and 2 or more tubes in the bag.</li> <li>2. Wash your hands before you pee.</li> </ol>	  <p>1                      2</p> <ol style="list-style-type: none"> <li>1. Remove the lid from the container.</li> <li>2. Do not touch the stick on the inside of the lid.</li> </ol>	  <p>3-5 x</p> <p>Preferably collect your morning urine. First relieve a bit of your pee and then catch at least 30 ml in the container. Turn the lid carefully on the container to prevent the urine from leaking. Keep the container upwards in your hand and turn it 3 to 5 times slowly back and forth.</p>	  <p>1                      2</p> <ol style="list-style-type: none"> <li>1. Pull a small part of the white sticker loose until you see an opening. Do NOT pull the sticker off.</li> <li>2. Be careful! There is a sharp needle under the sticker.</li> </ol>
  <p>1                      2</p> <ol style="list-style-type: none"> <li>1. Write in clear block letters on every tube: your name, your date of birth and the date on which you have collected your urine.</li> <li>2. Do NOT remove the cap from the tube.</li> </ol>	 <p>Press a tube – with the cap down – into the opening of the lid as far as possible. The tube will fill automatically! As soon as the filling stops, pull the tube out of the opening. Repeat this action until all of the tubes are full.</p>	 <p>Throw the remaining urine into the toilet. Put the white sticker back on the opening of the lid and throw the container into the dustbin.</p>	 <p>8-10 x</p> <p>Carefully turn each tube 8 to 10 times back and forth again and put them all back in the bag. Bring the bag with the application form back to the Starlet location, the MCA specimen laboratory or give everything to the Starlet staff member.</p>