

# Urine collection

## Laboratorium

A urine analysis will be carried out in consultation with your doctor. In this brochure, you can read how urine collection works. Before you begin, carefully read the information in this brochure. It is important that you follow the instructions carefully.

### Your materials

You have received a request form for the analysis. You will need special materials to collect your urine. You can collect these materials from the clinical chemistry, haematology and immunology (KCHI) blood testing laboratory of the Noordwest Ziekenhuisgroep:

- KCHI laboratory **Alkmaar location**, house number 035 (ground floor). Opening hours Monday to Friday from 8.00 am to 5.00 pm
- KCHI laboratory **Den Helder location**, house number 32 (1st floor). Opening hours Monday to Friday from 7.00 am to 5.00 pm

Depending on the analysis, you will receive a 24-hour urine cup or urine jar.

Make sure you submit the collected urine as quickly as possible; **no later than 2 hours** after collection. Do not collect during menstruation. This influences the results of the analysis.

### Instructions

On the following pages of this brochure you will find the collection instructions for:

- a urine sample
- urine for culturing
- 24-hour urine

### Important

Are you registered at our hospital? If not, then we ask you to do so before submitting your urine.

You can do this at the registration office. You can find the registration office at:

- Noordwest Alkmaar location: at the main entrance, house number 069
- Noordwest Den Helder location: at the Admission and General Practitioner station opposite the side entrance

### Where do you submit the materials?

You can submit the materials to the laboratory at:

- Alkmaar location, house number 035 (ground floor)
- Den Helder location, house number 32 (1st floor)

You must get a queue number to submit materials. Choose 'afgifte materialen' ('submitting

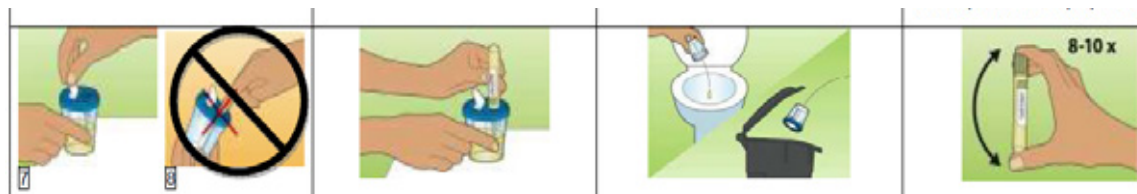
materials') on the number device

## Collecting a urine sample

To collect a urine sample, first start to urinate into the toilet. Then begin to collect urine in the jar (at least 30 ml). Please read the instructions below carefully before you begin.



1. Contents of the bag: A urine jar and 2 tubes (1 small and 1 large) The yellow tube contains extra material for maintaining quality, this can look cloudy.
2. Wash your hands!
3. Remove the lid from the jar
4. Do not touch the protruding part of the lid!  
Let the first of the urine (preferably morning urine) run into the toilet. Then collect urine in the jar (at least 30 ml). Screw the lid tightly onto the jar so that it is watertight. Gently tilt the urine container 3-5 times.
5. Write your name, date of birth and the date and time at which you collected the urine clearly on the supplied stickers and stick them onto the supplied tubes.
6. Note: Leave the cap on the tube!



7. Peel back the white sticker on the lid a little, DO NOT remove it completely, as you will need to stick it back on later. At this point, you will see an opening.
8. Note: There's a sharp needle under the sticker!
9. Press the small tube with the cap down as far as possible into the opening in the lid. The tube will fill itself! Pull the tube out of the opening. Repeat this step for the large tube in the bag. Note: The order is important!
10. Pour the remainder of the urine into the toilet. Stick the white sticker back over the opening of the jar and throw the jar away in the waste container
11. Gently tilt all filled tubes and put them back in the bag. The bag with tubes and the request form can be:
  - Dropped off at a Starlet location
  - Given to a Starlet employee or
  - Dropped off at the Blood Testing Laboratory Noordwest

## Submission

When submitting a urine sample, you will need:

- 2 tubes filled with urine. Record your name and date of birth on the tubes
- the request form
- your identity document

### Urine culture

For a urine culture, you must collect your urine in as sterile a manner as possible. Use the sterile jar for this. Follow the instructions below carefully:

- first, clean the area around your urethra (pubic area) with water. Do not use soap
- collect urine from the middle part of urination. You do this by:
  - beginning the first part of urination
  - collecting the second part in the sterile jar
  - finishing the last part of urination
- do not collect during menstruation. This influences the results of the analysis

### Submission

When submitting a urine sample, you will need:

- the green tube filled with urine. Record your name and date of birth on the tube
- the request form
- your identity document

### Collection of 24-hour urine

Your doctor has asked you to collect urine for 24 hours. You will receive a cup for this. Read the information below before you start collecting:

- you may need to follow a diet. You will hear about this from your doctor in advance
- do not collect urine during menstruation. This influences the results of the analysis
- do not start collecting on Friday or Saturday. The Noordwest laboratories and outpatient clinics are closed on Saturdays and Sundays and no submission is possible

The bottle that you have received may include a preservative. You must, therefore, not rinse the cup before you start. We ask that you keep the bottle upright and out of reach of children. The preservative can be aggressive.

### How do you collect the urine?

It is important that you collect the urine for exactly 24 hours. For example, if you start at 7.00 am, you stop collecting the next day at 7.00 am.

### Example

The collection proceeds as follows:

- at 7:00 am you urinate in the toilet. You can simply flush this urine. After this, you collect all of your urine in the jar that you have received. You may not throw anything away
- the next morning at 7.00 am, you urinate in the jar. At that moment you have collected 24-hour urine

- record your details on the patient label. Stick the label on the jars. If you have not received a patient label, label the jars with a sticker with your name and date of birth
- write the dates and times at which you collected the urine (from... to...) on the form
- note the total amount of urine saved and record this on the request form
- keep the urine in the refrigerator and never in direct sunlight
- to prevent leaks, do not overfill the jars

If the jar is full and the collection time is not yet over, continue collecting the urine in a second jar.

### **Submission**

When submitting the 24-hour urine you need:

- the jar filled with urine. Record your name and date of birth on the jar
- the request form
- your identity document

### **Results**

Your attending physician will discuss the urine analysis results with you.

### **Directions**

For information about reaching Noordwest and parking, please refer to our website [www.nwz.nl/contact](http://www.nwz.nl/contact).

### **Your questions**

If you have any questions, please contact the laboratory staff:

- Alkmaar location: on workdays between 8.00 am and 5.00 pm, on telephone number 072 - 548 3650
- Den Helder location: on workdays between 8.00 am and 4.30 pm, on telephone number 0223 - 69 6232