



Department of Pathology and Laboratory Medicine

PATIENT INSTRUCTIONS

**MIDSTREAM URINE COLLECTION PROCEDURE
CYTOLOGY**

The following collection instructions are intended to help you collect the correct specimen for the test your clinician has requested. First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

Collection of mid-stream urine:

1. First morning urine samples should **not** be submitted as the cells being examined will be degenerated. A mid-stream sample taken approximately three hours after your last void is optimal.
2. Use the specimen container provided to you by your physician for collection.
3. Complete the information requested on the container label. Make sure you include your full name, and the date and time you collected the specimen. If you have a requisition, note the date and time on the requisition.
4. Wash and dry your hands thoroughly.
5. Remove the container cap and set it aside. Do not touch the inner surface of the cap or container.
6. The intent is to collect a sample midway through the urination process (hence the name "mid-stream" urine).
7. Pass a small amount of urine into the toilet. Then midway through urination, urinate into the container. The container should only be 1/2 full.
8. Replace the cap and **tighten firmly**.
9. Wash your hands thoroughly after collecting the specimen.
10. Refrigerate the specimen if it is not brought to the laboratory immediately. Bring specimens to the laboratory as soon as possible.

IMPORTANT: Write your own full name and your doctor's name on the container. Ensure that the requisition is filled out completely and correctly, including:

- Your full name and address
- Doctor's name and address
- Date and time of collection

Containers and requisitions can be returned to any of the three Ottawa Hospital outpatient laboratories, or the specimen reception areas of the Department of Pathology and Laboratory Medicine.

Civic Campus: Civic Parkdale Clinic, 737 Parkdale Ave. Phone 722-7000, ext. 14992
Hours of operation: 8:00 – 16:00 hr.

General Campus: Outpatient Lab, Module J-10, 501 Smyth Rd. Phone 722-7000 ext. 78306
Hours of operation: 7:30 – 17:00 hr.

Riverside Campus: Laboratory, Main Floor, 1967 Riverside Drive. Phone 722-7000 ext. 88214
Hours of operation: 7:00 – 17:00 hr.