



The Ottawa Hospital
L'Hôpital d'Ottawa



Women's
HEALTH CENTRE
CENTRE DE
SANTÉ POUR
les femmes

How to Give a Urine Sample

Please read first and follow ALL the steps below so that we can get the most accurate results.

Thank you.

- Wash and dry your hands thoroughly.
- Remove the cap on the container and set it aside. Do not touch the inside of the cap or the container.
- Keep the legs apart and hold the skin folds (labia) apart. Clean once from front to back with a wipe or wet cloth.
- Before you start filling the container, pass a small amount of urine into the toilet and then continue urinating in the container until it is about half full. Be sure not to let the container touch your skin. (Doing this helps get the most accurate results.)
- Finish urinating into the toilet until your bladder is empty.
- Replace the cap and close it tightly.
- Please return the container as you were instructed.