

## TAKING A URINE SAMPLE AT HOME

U–KemSeul (KL 1881), U–BaktVi (KL 1155), U -Tutk-1 (3268), U -Tutk-2 (KL 3269)

Basic urine tests are used to examine kidney diseases as well as lower urinary tract infections. The most reliable result is obtained from a standardised sample (urinary bladder time, method of collection, storage).

### Sampling equipment

- Screw-cap urine sample container with a transfer tip **or** a sampling container with a lid and a separate urine transfer adapter
- 1–2 vacuum sample tubes; preservative free (beige), with preservation agent (green).
- Name tags for the tubes
- Plastic bag (for example Minigrip®)



### Preparing for sampling

Avoid eating and drinking during the night. You can have a glass of water in the morning. The urine sample is taken in the morning, when at least 4 hours have passed since the previous urination.

**Washing for women:** Hands are thoroughly washed. Perform genital wash with warm water without soap or disinfectants. It is recommended to use a tampon during menstruation before sampling. The labia are spread apart and the urethral mouth is washed with a hand shower. Finally, dry with clean toilet paper with a front-to-back pull.

**Washing for men:** Hands are thoroughly washed. Perform genital wash with warm water without soap or disinfectants. Pull back the foreskin. The urethral mouth is washed with a hand shower. Finally, dry with clean toilet paper.

**Children** follow the same instructions as adults. An assistant will thoroughly wash their hands before sampling.

### Sampling

Only containers and tubes provided by the laboratory may be used in the sampling.

**The sampling tubes must not be opened. The inside of the sampling container must not be touched.**

- Initially, a small amount of urine is drained into the toilet bowl with the urethra mouth exposed (women: by spreading labia / men: by pulling foreskin back). The urine stream must be uninterrupted.
- Next, the sample container is placed under the urine stream and the sampling container is filled to approximately 2/3 full.

- The remaining urine is discharged into the toilet bowl.

## Transferring the sample into the vacuum sample tubes



Image 1



Image 2



Image 3



Image 4

### BD Vacutainer® urine sampling system:

#### Image 1

- Open the sampling container by twisting the lid. Place the lid transfer tip-up.
- Take the urine sample into the sampling container according to the sampling instructions.

#### Image 2

- Seal the sampling container tightly with the lid and place the container on a table.
- Open the lid seal sticker. Be careful with the sampling needle inside the lid.

#### Image 3

- **The sampling tube cap must not be opened.**
- Press the sampling tube cap-first all the way to the bottom against the sampling needle on the lid. The needle will pierce the cap on the tube and the urine sample will be transferred by vacuum inside the vacuum sampling tube.
- Hold the tube steady as long as the surface of the liquid rises. Remove the tube when it is no longer filling up.
- Fill any second tube the same way.
- Close the sampling container lid with the seal sticker.

#### Image 4

- Carefully turn the sampling tubes upside down 8–10 times. The preservation agent will gradually dissolve into the urine sample.

Empty the rest of the urine from the sampling container into the toilet bowl. Dispose of the sampling container in mixed waste.

### Sample storage and transport

Attach a name tag with your name, social security number and sampling date onto the sampling tubes. Place the tubes into the plastic bag.

The samples are stored in a refrigerator until transported. The samples must not freeze. **The samples are delivered to the laboratory as soon as possible on the day of sampling.**

Provide the laboratory with information about how long the urine has been in the bladder, and any antimicrobial treatment (antibiotics).