

## **CYTOLOGICAL TEST FROM URINE**

U -Syto

### **Preparing for the test**

Place the freezer blocks in the freezer the night before the test. Please note before collecting the sample that **the urine should not be in the bladder for more than four (4) hours.**  
**Nighttime urine is not suitable for the test.**

### **Before collecting the sample**

Drink 0.5–1 litres of fluid, wait for 1–2 hours and then collect the urine sample.

*Hygiene – women:* Wash your hands thoroughly. Douche with warm water without cleansers or disinfectants. During your period, using a tampon before collecting the sample is recommended. Separate the folds of skin around the urinary opening and wash using a bidet shower. Then dry with clean toilet paper with a front-to-back motion.

*Hygiene – men:* Wash your hands thoroughly. Wash the genital area with warm water without cleansers or disinfectants. Pull the foreskin back. Wash the urinary opening using a bidet shower. Then dry with clean toilet paper.

### **Collecting the sample**

Expose the urinary opening (by separating the folds of skin / pulling the foreskin back) and then urinate. First urinate into the toilet bowl and then place the sample container under the urine stream without interrupting the urine stream. Let the remaining urine flow into the toilet bowl.

### **Handling the sample**

Do not touch the inside of the sample container provided by the laboratory. Close the lid of the container tightly in a twisting motion.

Immediately cool the container under running cold water (approx. 5 minutes) and then dry the outside of the container.

Write your name, personal identification code and the sample collection date and time on the sticker. Place the sticker on the side of the container.

### **Sample storage and transportation**

Place the cooled sample container in a cooler with two freezer blocks and close the lid of the cooler.

Bring the sample to the laboratory as soon as possible. If you have a referral for treatment/ request for examination from a physician, bring it with you.