



PROCEDURE:	RANDOM, URINE
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Medical supplies

- Sterile urine container;
- Biohazard bag;
- It is recommended to collect the first morning mid-stream urine. Some of the compounds must incubate in the bladder for a minimum of 4 hours;
- For women, please advise your doctor if you are menstruating;
- Stability¹:
 - 2 hours at room temperature 18 – 25 °C
 - 6 to 8 hours refrigerated or 2 – 8 °C

Collection

- 1) Wash your hands with soap and water;
- 2) Open the sterile urine container;
- 3) Start urinating in the toilet and then stop;
- 4) Start urinating into the sterile container. A minimum volume of 15mL is required for analysis;
- 5) If needed, eliminate the last part of your voiding into the toilet;
- 6) Tightly close the urine container;
- 7) Identify the container:
 - First and last name;
 - Date of birth and/or Medicare number;
 - Date and time of collection.
- 8) Return the container immediately to your physician or the laboratory.

¹ Transport et conservation de spécimens dans le domaine de la biologie médicale, OPTMQ, third edition, 2003, p.8