

Patient Instructions for Use

You have been asked to provide a urine sample for testing in the laboratory. You should have been given a **blue-topped collection cup**; and a **green-topped urine tube** containing a small amount of boric acid powder. The powder helps to preserve your sample before it is tested and is safe. If any powder is spilt, wipe it up and wash your hands.

 1. Unscrew the blue lid and place it upside down, with the straw pointing upwards. Do not touch the inside of the cup or the straw.	 2. Wash your hands and around the area where you pass urine from. Start passing urine into the toilet. After a few seconds, collect some urine in the cup. Fill the cup until it is at least half full, then finish passing urine into the toilet.	 3. Carefully pick up the blue lid without touching the straw. Screw the lid firmly back onto the cup. Gently move the cup from side to side to mix the sample.
 4. Peel back the protective label on top of the blue lid. You will see an opening underneath. Do not put your finger into the opening. There is a needle inside, protected by a rubber covering.	 5. Keep the green cap on the tube. Push the green-topped tube firmly into the opening in the blue lid. Urine will automatically flow into the tube. Keep the tube in place until it is nearly full and the flow has stopped.	 6. Remove the green-topped tube from the opening. Press the protective label back over the opening in the blue lid. Do not put your finger into the opening. Gently turn the green-topped tube upside down and back again 8 to 10 times. This mixes the urine with the preservative powder.
 7. Unscrew the blue lid and pour any urine left in the cup into the toilet. Rinse the clear plastic cup and place it in your recycling bin. Keep the blue lid. You will need to return this with your sample.	 8. Check whether the green-topped tube already has a barcode label with your name on it. If it does not, either attach the label provided with your request form or clearly write: • your full name; • your date of birth; and • the date and time you collected the sample.	 9. Rinse and dry the blue cup lid. Place the lid and the green-topped urine tube into the specimen bag and make sure the bag is properly sealed. Wash your hands.

Return sample and form in the bag to your GP surgery for transport to the laboratory