



Patient instructions

Getting a good urine sample

The usual collection system is a urine beaker.

For a standard urine collection, begin to urinate as usual and then put the cup into the stream to catch some of the urine in the paper cup. It doesn't take too much – about one-half of a cup is adequate – so you can finish your business in the toilet.

Finally, attach the little numbered label from your lab slip (the one with your name on it) and bring it to the nurse or lab.