



Collecting and Preparing a UTI Urine Specimen

This urine specimen should be collected using a clean catch method. This prevents germs from the penis or vagina from getting into the specimen. Collect the specimen when the urine has been in the bladder for 2 to 3 hours.

1. Have the patient wash their hands with soap and warm water prior to collection.
2. On the outside of a UTI urine cup (with boric acid), write the patient's name and date of birth.
3. For females, sit on the toilet with legs spread apart and two fingers spreading the labia. Using a sanitary wipe, wipe the inner folds of the labia from front to back. Use a second sanitary wipe and clean over the urethra. Next, urinate a small amount into the toilet, then stop the flow of urine. Hold the urine cup a few inches from the urethra and urinate until the cup is about half full. Finish urinating into the toilet bowl.
4. For males, clean the head of the penis with a sterile wipe. If not circumcised, pull the foreskin backwards and clean the head of the penis with a sterile wipe. Urinate a small amount into the toilet, then stop the flow of urine. Next, collect urine until the cup is half full. Finish urinating into the toilet bowl.
5. Cap the urine cup tightly to ensure there are no leaks during transportation.
6. If ordering the test through the portal, generate a barcode label for the patient's specimen. Place a label on each specimen.
7. Place the cup in a biohazard zip closure bag. Ensure the biohazard zip closure bag is completely sealed.
8. Place any requisition/accompanying paperwork in the outside pocket of the biohazard zip closure bag.
9. Place all biohazard zip closure bags inside of a UPS Laboratory Pak bag.
10. Seal the UPS Laboratory Pak bag. Apply a pre-paid return label from Qitek Labs to the outside of the bag.
11. Allow UPS to pick up the package.