



Banner Health

North Colorado  
Medical Center

## RANDOM URINE COLLECTION INSTRUCTIONS FOR PATIENT

For the proper diagnosis and treatment of your case, your physician has requested that a urine specimen be collected. It is extremely important that this be a sterile specimen. Please read these instructions thoroughly before you begin your collection. If you have any questions, please call the Diagnostic Center lab at 970-350-6892 or 970-350-6400, if collecting at home or ask one of the lab personnel if collecting in the OP Lab.

1. Please wash your hands thoroughly for at least 10 seconds.
2. Open the enclosed sterile wipe.
3. Remove the lid from the container.
4. Using the sterile wipe:
  - Males:**
    - Pull foreskin back (if necessary). Rub in a circular motion starting at the opening and moving outward.
  - Females:**
    - With the index and middle fingers of one hand, hold layer of skin apart and rub from front to back.
5. Discard the wipe in the toilet.
6. Void a small amount into the toilet.
7. Stop the stream of urine and position the container.
8. Resume voiding until container is about half full.
9. Finish voiding into the toilet.
10. Replace the lid tightly.
11. Label with your first name, last name, date of birth or social security number, date and time of collection.
12. After the collection is completed bring the container to the Laboratory at the Main Hospital or Summit View Medical Commons as soon as possible

### NOTE:

- The specimen cannot be contaminated with stool because this will greatly affect the results.