

Collecting a Random Urine Sample

Information for patients, relatives and carers

Department of Clinical Biochemistry

① For more information, please contact:

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Monday - Friday 09:00 -17:00

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Why is a Urine Sample needed?

Although many laboratory tests can be carried out on blood samples, some conditions are best diagnosed by analysing a small amount of urine. For example, levels of protein and electrolytes (salts) in the urine may be used to investigate kidney function. Other tests can be used to diagnose infections, problems with metabolism and conditions associated with raised hormone levels. Occasionally urine samples are required to detect unusual substances such as toxins, metals or drugs.

Your GP or another healthcare professional, such as a nurse, should explain why a urine sample is required and how to collect it.

Some of these tests can be done immediately on a single urine sample (random urine). Others require a longer collection over 24 hours to provide a more detailed result.

If you have been asked for a 24h urine collection, please refer to the separate leaflet on Collecting a 24h Urine Sample.

Collection Containers

For most urine tests, you will be provided with a clean, dry, screw-top plastic container. Some GP surgeries will provide you with a yellow-top tube resembling a syringe with a yellow straw (urine monovette).



Sometimes, depending on the specific test that is required, the collection container may contain a small amount of powder. **Do not throw or rinse this out.** This is required to keep the sample fresh.

If you lose the collection container, contact your local GP surgery to ask for a replacement.

How to collect your Urine Sample

You might be asked to collect the urine sample at a particular time of the day e.g. first thing in the morning (first-void urine). It is important that you follow these instructions carefully.

Collecting a urine sample may sound easy, but it is important to follow these instructions in order to minimise contamination from your hands and the skin around your urethra (the tube which carries urine out of the body).

It is important that all urine samples are 'midstream' samples.

To collect a clean 'midstream' urine sample:

1. Label the urine pot supplied by your doctor with your full name, date of birth and the date in the spaces provided using a biro or waterproof pen.
2. If you have been given a yellow-top urine monovette, or the pot you have been given is too small to urinate into directly, find a non-metallic container, e.g. a plastic or paper cup. The container must be washed thoroughly, rinsed and dried before use.
3. Start to urinate into the toilet and move your chosen container into the urine stream halfway through so that you have a "mid-stream" sample. About 10 mL of urine is plenty for most tests.
4. If you have been given a yellow-top urine monovette, please see instructions on page 5. For other containers, carefully decant the contents into the labelled urine pot and dispose of any excess in the toilet.
5. Screw the lid of the urine pot shut and wipe off any drips with toilet roll.
6. Wash your hands thoroughly.
7. Place the container into a clear plastic bag. Check that your name and date of birth remain clearly visible and readable.
8. Put anything you used to collect the sample (e.g. plastic food container) into a plastic waste bag, tie it up and put it the bin.

How to collect a sample if you have a yellow-top urine monovette:

1. Ensure that you have written your forename, surname, date of birth and the date and time of collection on the bottle.
2. Pull off small yellow cap (do not throw away) and connect the straw firmly.
3. Insert the straw into the urine and draw back the plunger to the thick black line.
4. Remove the straw from the cup and then pull the plunger to final stop point at the bottom of the tube.
5. Disconnect the straw from the tube, replace yellow cap securely and snap off plunger rod. Discard straw and plunger rod.
6. Once complete, check that the cap is firmly on, place into the clear plastic bag attached to the request form, seal and return it to your GP Practice the same day.

Storing a Urine Sample

Urine samples should be handed in as soon as possible. If you can't hand the sample in immediately, you should store it in a fridge in a plastic bag, ready to hand in to your GP at the earliest opportunity (ideally within 24 hours of collecting it). This prevents bacteria in the sample from multiplying and giving misleading test results.

What will happen afterwards?

The laboratory will arrange for the sample to be tested according to the instructions provided by your doctor. When the results are ready, they will be sent back to your doctor (or whoever requested the test) and they will discuss these with you.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

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Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

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To contact PALS:

In York or Scarborough

dial 01904 726262 or email

yhs-tr.patientexperienceteam@nhs.net

In Hull and the East Riding

dial 01482 875875 or email hyp-tr.pals.mailbox@nhs.net

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

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