



Mardian Natural Medicine

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How is the sample collected for testing?

Urine for a urinalysis can be collected at any time. However, the first morning sample is the most valuable because it is more concentrated and more likely to yield abnormal results, should abnormal results exist. Because of the potential to contaminate urine with bacteria and cells from the surrounding skin during collection (particularly in women), it is important to first clean the genitalia. Women should spread the labia of the vagina and clean from front to back; men should wipe the tip of the penis. As you start to urinate, let some urine fall into the toilet, then collect one to two ounces of urine in the container provided, then void the rest into the toilet. This type of collection is called a midstream collection or a clean catch.

A urine sample will only be useful for a urinalysis if it is collected as a clean catch and taken to the doctor's office or laboratory for processing within a short period of time. If it will be longer than an hour between collection and transport time, then the urine should be refrigerated.

