

PROCEDURE FOR COLLECTING URINE FOR THE URINE CULTURE TEST

RANDOM URINE TEST

WOMEN

- Collect first morning urine as it has a higher bacterial load due to urine remaining in the bladder overnight
- Alternatively, collect urine at least 3 hours after the last urination
- Before collecting it, wash your hands thoroughly and wash your vulva carefully and repeatedly with soap and water, holding the labia majora apart with one hand and wiping with the other hand from front to back
- Rinse under running water and dry with disposable paper tissues
- Start urinating and discard the initial jet (approximately 20 ml)
- Collect the following urine in the sterile container (available free of charge at the Sample Collection Points) taking care to open it only at the last minute and to avoid touching the inside of the container and the underside of the lid with your fingers, hair or genitals.
- Screw the lid back onto the container tightly and deliver it within two hours of collecting the sample to the Sample Collection Point.
- Alternatively, you can keep it in a refrigerator at +4° for up to 12 hours
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MEN

- Collect first morning urine as it has a higher bacterial load due to urine remaining in the bladder overnight
- Alternatively, collect urine at least 3 hours after the last urination
- Before collecting the urine, wash your hands thoroughly, pull back the foreskin and wash your penis carefully and repeatedly with soap and water
- Rinse under running water and dry with disposable paper tissues
- Start urinating and discard the initial jet (approximately 20 ml)
- Collect the following urine in the sterile container (available free of charge at the Sample Collection Points) taking care to open it only at the last minute and to avoid touching the inside of the container and the underside of the lid with your fingers, hair or genitals.
- Screw the lid back onto the container tightly and deliver it within two hours of collecting the sample to the Sample Collection Point.
- Alternatively, you can keep it in a refrigerator at +4° for up to 12 hours

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FROM A CATHETER

- Use a sterile container with a screw-on cap to collect the sample
- Close the catheter with a clamp immediately downstream of the connection with the bag, for at least an hour
- Disinfect a section of the catheter just below the joint with the connecting tube; or disinfect the sampling device if the catheter has one
- Discard a few cc of urine and collect the second part of urine in the sterile container, taking care not to touch its edges
- Deliver the sample to the Sample Collection Point (the sterile containers are available free of charge at the Humanitas Sample Collection Points) as soon as possible and keep it for no more than 12 hours

FROM A BABY BAG

- Use a sterile self-adhesive bag to collect the urine
- Wash the skin in the suprapubic and perianal regions and the external genitals with a soapy solution, rinse thoroughly and dry carefully
- Apply the bag by sticking it to the suprapubic region and the perineum, leaving it in place for no more than 45-60 minutes
- As soon as the baby has urinated, remove the bag, seal it carefully and put it back in a sterile container for the urine culture test
- DO NOT POUR into another container
- Deliver the sample to the Sample Collection Point (the sterile containers are available free of charge at the Humanitas Sample Collection Points) as soon as possible