



URINE SAMPLE | URINE CYTOLOGY TEST

Your prescriber has requested you collect your urine for a urine cytology test. This test involves the analysis of the cells in your urine in order to detect a urinary infection or certain urological or kidney diseases.

EQUIPMENT REQUIRED

- Between one and three containers of 30 ml alcohol
- Moist facecloths or cloths

INSTRUCTIONS

- Do not collect your first morning urine for this test.
- If more than one sample is required, repeat the procedure each morning (if possible), using a new container each day.
- A delay of 18 to 24 hours is required between each collection.

HOW TO COLLECT A SAMPLE

1. Wash your hands with soap and water for 20 seconds and then dry them.
2. Clean your urinary meatus (orifice from which urine is voided) with a moist facecloth or cloth to remove all dirt or mucus.
 - For men, the urinary meatus is found at the entrance to the urethra, at the tip of the penis. Pull the foreskin back and clean the tip of the penis, especially around the orifice.
 - For women, the urinary meatus is located at the centre of the vulva, near the clitoris.

3. Start by urinating directly into the toilet bowl.
4. Urinate in a clean container, transfer the urine to the container that contains 70% alcohol up to the line and close it with the lid.

LABELLING THE CONTAINER

- Make sure the following are labelled on the container:
 - your last name and first name;
 - your medical insurance number (RAMQ);
 - the sample type and site, when applicable (e.g.: throat, sputum, right ear, etc.).
- Write the **DATE AND TIME** the sample was taken on the designated label, taking care not to write on the bar code.
- Note the hours as follows:
 - 11:59 p.m. to indicate midnight;
 - 8:00 a.m. to indicate the morning.
- Make sure that all of the information is exact, clear and legible.
- Samples that do not contain all of the information will not be analyzed in the laboratory.

IMPORTANT

Do not collect your first morning urine for this test. It is too concentrated and contains altered cells that can interfere with the cytological analysis.

WHEN AND WHERE TO RETURN YOUR URINE SAMPLE

- To guarantee the quality of the test, return the container(s) in a sealable waterproof bag at room temperature within a maximum of 2 hours.
- If you cannot return your containers within this deadline, keep them for up to 3 days in the refrigerator (4 °C). Do not put your containers in the freezer.
- Remember to bring the prescription given to you by your prescriber, if applicable.
- Put your container bag in a second bag and insert your prescription.
- Return your containers to a CIUSSS de l'Estrie – CHUS collection centre. To learn more about locations and business hours, visit santeestrie.qc.ca/sampling.

DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/sampling



Info-Santé 811
OR
Speak to your prescriber.

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