

Inova Laboratories - Patient Instructions

Please follow the instructions below, as appropriate, for the lab testing your physician has requested.

Routine Urine Specimen

- Wash hands with soap and water.
- To avoid contamination, do not touch the inside of the cup or the cap of the urine collection cup.
- Unscrew the cap of the urine collection cup. Place cap on the counter with the inside of the lid facing upwards.
- Begin to urinate into the toilet. Females should separate the labia before beginning to urinate. As urination continues, place cup under stream and continue to urinate into cup, collecting specimen.
- Fill the specimen cup $\frac{1}{2}$ full.
- Replace cap on cup and tighten cap securely.
- Hand the specimen cup to the laboratory personnel for labeling.

Clean Catch Specimen (preferred collection method)

- Wash hands with soap and water.
- Open Urine and Collection Transport Kit provided. Remove cup and towelette.
- To avoid contamination, do not touch the inside of the cup or the cap of the urine collection cup.
- Unscrew the cap of the urine collection cup. Place cap on the counter with the inside of the lid facing upwards.
- Cleanse with Towelettes® as follows:
Male. Wipe head of penis in single motion with one towelette. Repeat with remaining towelette(s). If not circumcised, hold foreskin back before cleaning. Urinate small amount into toilet or bedpan.
Female. Separate labia. Wipe inner labial folds front to back in single motion with one towelette. Wipe down through center of labial folds with remaining towelette(s). Keep labia separated and urinate small amount into toilet or bedpan.
- Begin to urinate into the toilet. As urination continues, place cup under stream and continue to urinate into cup, collecting specimen.
- Fill the specimen cup $\frac{1}{2}$ full.
- Do not touch the inside of the cap. Screw the cap on cup securely.

*** Caution: sharp needle located under cap label. Do not remove label from cap.**

- Hand the specimen cup to the laboratory personnel for labeling.

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24-Hour Urine Specimen

The Inova Laboratories service center will provide you with a 24-hour urine collection container and a label for the container. Use the following procedure for the correct specimen collection and preparation:

- Plan ahead for the collection period, so the specimen can be delivered back to the Inova Laboratories service center within a day of completion.
- To begin the timed collection period, urinate into the toilet to empty your bladder.
- Write the date and the time on the label on the collection container. This is the beginning of the collection period.
- Collect **all** urine for 24 hours. (If even one specimen is lost, the results will not be valid.)
- At the end of the timed period, urinate one last time to empty your bladder and add this specimen to the collection container.
- Write the date and the ending time of the collection on the label on the collection container.
- Keep the collection container in the refrigerator during the collection period and until you can deliver it to the Inova Laboratories service center.

Blood Specimen

If your physician told you to fast before the test:

- Do not eat anything for at least 12-14 hours before the blood is drawn.
- Drink only water. No coffee, tea, soda or chewing gum is permitted.
- Take your prescribed medications as normal.