



Ospedale
di Cremona

Sistema Socio Sanitario



Regione
Lombardia

ASST Cremona

COMPLETE URINE TEST

COLLECTION METHOD

Collect your first urine in the morning or at least three hours after your last urination, before breakfast and any type of physical activity. Avoid collecting urine during your menstrual cycle, after consuming fruit juices, vitamin C, and, if possible, diuretics.

Required materials:

- A clean container for collecting urine (e.g., a plastic cup);
- A test tube with a cap, available free of charge at your chosen collection point or purchased at a pharmacy;

SAMPLE collection:

- Wash your hands and external genitals thoroughly with soap and water (do not use disinfectants or intimate hygiene products);
- Rinse thoroughly and dry with a clean towel;
- Uncover the glans penis (for men) or spread the labia with your fingers (for women), discard the first stream of urine, and collect the second part (midstream) of urine in a clean container. Pour the urine into a test tube and close it.

N.B. The tube must be filled to $\frac{3}{4}$ of its volume.

Deliver the urine to your chosen collection point during opening hours.

