



Ospedale  
di Cremona

Sistema Socio Sanitario



Regione  
Lombardia

ASST Cremona

## URINE CULTURE

### COLLECTION METHOD

**Collect the first urine of the morning or at least 3 hours after the last urination.**

#### **Required materials:**

- A sterile, wide-mouthed container (for urine), available free of charge at your chosen collection point or purchasable at pharmacies.

#### **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;
- Open the sterile container, taking care not to touch the inside;
- Uncover the glans penis (for men) or spread the labia with your fingers (for women): this reduces the possibility of any contamination during collection;
- Discard the first stream of urine (if a complete urine test is also required, collect the first stream in a separate container) and collect the second part (midstream) of urine directly in the sterile container: fill the container no more than halfway;
- Discard the remaining part of the urine;
- Close the container at once, carefully screwing on the lid and taking care not to touch the inside.

#### **Storage:**

- Deliver the urine to your chosen collection point during opening hours.
- In special cases, the sample can be stored at 4°C (in the refrigerator) for a maximum of 24 hours.

