

# C - Collecting and handing in midstream urine

You may have a urinary tract infection. Your doctor has asked you to collect a urine sample for microbiological testing in the ZekerWeten laboratory. In this leaflet, you can read about the best way to do this and where you can hand in your urine sample.

**zekerweten**

[diagnostiek@rijnstate](mailto:diagnostiek@rijnstate)



It is preferable to collect your first morning urine, which has been in the bladder for more than two hours. This can be examined best.

## What do you need?

- Water;
- a clean wash cloth or cotton ball;
- a clean container (e.g., an unused plastic / paper cup or a well-washed measuring cup);
- the shipping container (possibly in combination with the shipping pouch) with your name and date of birth. You received this from your doctor.

## What do you have to do?

Before you collect the urine, wipe the vagina or penis clean with a damp wash cloth or a moist swab of cotton wool. Do not use soap! By using a wash cloth, you prevent bacteria from the pubic region ending up in the urine and giving an incorrect result of urine analysis.

For women, it is important that the labia are spread when urinating, so urine does not run along the skin.



For men, it is important to pull the foreskin back slightly so that the urine does not come in contact with it.



- You then start peeing in the toilet and hold the container under the stream of urine after a few seconds. In this way, you have first rinsed your urethra clean.
- The urine which you produce after the first seconds -- also called midstream urine -- is the cleanest and easiest to assess. You collect this urine in the clean container. After collecting the urine, you can finish urinating in the toilet.
- Pour the urine from the container into the shipping container (filling three-quarters of the container is more than sufficient).
- Screw the shipping container securely closed to prevent leakage.
- If you have collected your first morning urine very early in the morning, keep it temporarily in the fridge.

## How it is to be delivered or sent

You can bring the collected urine with the application form to the following locations of ZekerWeten:

- Rijnstate Arnhem: Route 41 (balie Bloedafname, ground floor).
- Rijnstate Zevenaar: at the reception desk.
- Rijnstate Elst: ground floor, waiting room 2 (counter at the laboratory)
- Rijnstate Arnhem South: Route 17 (desk at the laboratory 1st floor).
- Or, bring it to one of the injection substations in the region (see [www.zekerweten.nl](http://www.zekerweten.nl)).
- If your doctor is visited by a Rijnstate messenger, it can also be

deposited in the mailing case at your family doctor's practice. Your doctor will let you know about this.

You can also send the urine sample via regular mail using the mailing case. Please follow the instructions on the packaging of testing material. However, we prefer that you drop off the urine sample in person.

Always bring your insurance information and identification with you.

## **Results**

After diagnostic testing, your doctor will receive the results. This is usually known within a few days. Sometimes it is even known the next day. Arrange with your doctor when you can call about this.

## **Use of leftover body material such as blood and urine**

For some procedures and examinations, we remove body tissue (such as blood, skin or muscle tissue) from you for further examination. The material that remains can be used under strict conditions for scientific research, as well as for quality purposes and education. We use coded or anonymous material as much as possible. Coded means that the material is numbered. As a result, only the hospital knows from whom the material originates, but not the recipient of the material.

You can object to the use of anonymous and coded material for the above purposes. This has no consequences whatsoever for the relationship with your treating doctor or for your treatment. We always ask your permission for the use of material that can be directly traced back to you for scientific research or education.

You can indicate your objection when taking blood tests, when handing

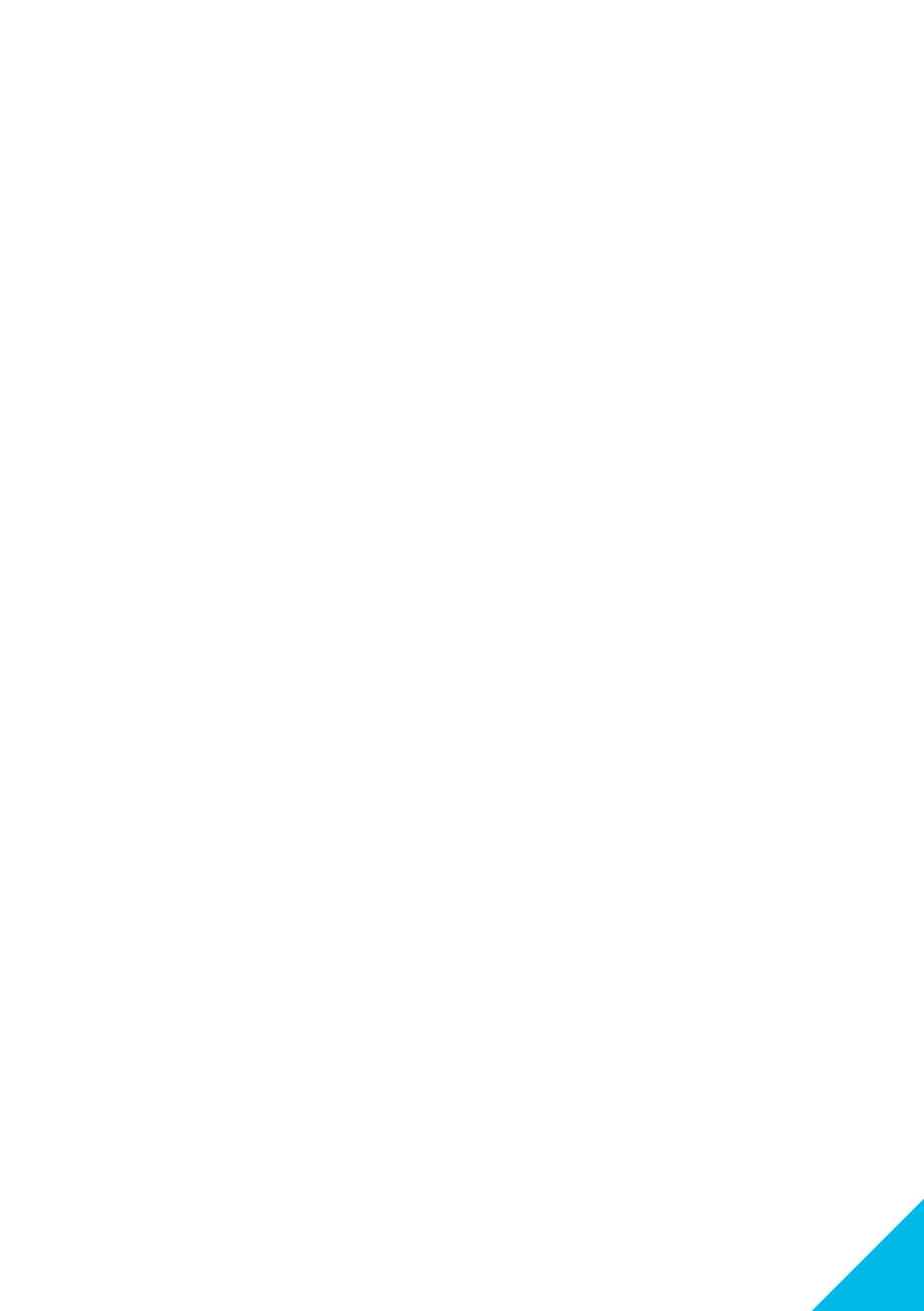
in material, or let your doctor know before the procedure. You only need to make an objection once. This then applies to all future blood tests and material submissions.

If you don't inform us, then we assume that you have no objection to the use of your remaining bodily material for scientific research, quality purposes and education. You do not need to do anything further.

## **Questions**

If, after reading this leaflet, you still have questions, please contact ZekerWeten, Medical Microbiological and Immunological Laboratory, phone 088 - 005 5455.





## **ZekerWeten**

Postbus 9555  
6800 TA Arnhem  
088 - 005 5126

[info@zekerweten.nl](mailto:info@zekerweten.nl)  
[www.zekerweten.nl](http://www.zekerweten.nl)

 [@zekerwetenvoorou](https://twitter.com/zekerwetenvoorou)