

Patient information sheet: Collection of a Random Urine Specimen for Biochemistry investigations

Introduction

Your doctor has asked that you collect a urine specimen for testing in the laboratory. This leaflet is designed to help you with the collection and ensure the samples you supply to the laboratory are suitable for testing.

Preparation

There are no special requirements for this urine specimen. It can be collected at any time although it is often best to collect the first urine passed of the day as this tends to be most concentrated. Dilute specimens can produce poor results.

Collection

You should have been given a request form and a white topped bottle. The white topped bottle is plain with no preservative and is the only bottle type used by the Biochemistry department. Red topped bottles are unsuitable for a random urine specimen.

- You will need to produce a mid-stream sample. When you need to empty your bladder, pass the first part of the stream (1-2 seconds) into the toilet.
- Stop the flow momentarily, then collect your urine in the sample container and fill to approximately three quarters full. Secure the lid onto the bottle and ensure the following information is written clearly: **your FIRST NAME, SURNAME, DATE OF BIRTH, DATE and TIME OF SPECIMEN.**
- Place the sample into the bag provided and seal. The specimen should be kept cool and out of direct sunlight.
- You can return the sample(s) with the request form(s) to your GP surgery or directly to the Pathology Laboratory. The laboratory can be accessed via the link bridge located on E level at The Queen Alexandra Hospital. Full address is detailed above.

Labelling

A minimum of **three points of identification** are required on the labels of each of the specimens (**surname, forename and date of birth is essential**), do not use initials. If your hospital number/ NHS number is known, please add to specimen label. **Inadequately labelled specimens will be rejected** by the laboratory and you will be asked to produce another sample.

If you have any queries, please use the contact information at the top of the page. Alternatively call via the hospital switchboard (023 9228 6000) Ext 6348.

For comments, compliments or complaints about the Trust and its publications, please contact the Patient Experience Service by email: PALS@porthosp.nhs.uk Tel: 0800 917 6039.

If you require this information sheet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.

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