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Centre intégré  
de santé  
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du Bas-Saint-Laurent

Québec 

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# User Instructions Urine Cytology

Clinical Department of Laboratory Medicine

OPTI-DE-001



You have been prescribed a **urine cytology** test for which you must collect your urine at home.

Urine cytology is a test that looks for abnormal cells in urine under a microscope to identify cancers of the urinary tract (bladder, kidney, ureters and urethra).

This brochure explains the steps to follow.

## MATERIALS REQUIRED

- Clean container with fixative (50% alcohol) AND/OR
- Clean sampling container (white or orange cap)

**WARNING:** The liquid in the container marked “with fixative” is toxic. Keep out of reach of children. Avoid contact with skin and mucous membranes. **If swallowed, CALL INFO-SANTÉ OR THE POISON CONTROL CENTRE.**



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## INSTRUCTIONS

- **Never sample first morning urine.** We recommend taking a specimen at any time during the day.
- You can drink water and take a sample the next time you urinate.
- Take samples on three consecutive days or as directed by your doctor.
- Do not urinate directly into the container with the fixative; use the container provided.
- Record the date and time of sampling on the corresponding requisition for each specimen collected.

## SPECIMEN IDENTIFICATION

If not already marked on the container, **clearly** write the following information on the label:

- Your last and first name
- Your personal reference number (medical file number or health insurance number)
- The date and time of sampling

## STORAGE

- Store your samples in a plastic zip-lock bag.
- Storage:
  - All specimens (fixed or not): refrigerator  $\pm 4^{\circ}\text{C}$ . Do not freeze.

## RETURN OF SAMPLES

- Return your specimens to the place you were instructed to return them, i.e., the specimen collection centre at the hospital, the local point of service (LPS) or another location.
- When returning the samples, remember to bring **your hospital card** or RAMQ card as well as **your prescription**, if necessary, and the documentation already given to you by the staff.

# Sampling method

## STEPS TO FOLLOW

1. Clean the genital area. Rinse with water.
2. Start urinating in the toilet for a bit (midstream technique).
3. Continue to urinate in the container **without** the fixative.
4. Finish urinating in the toilet.
5. As instructed and if applicable, pour urine into the container with the fixative until it reaches the line on the container (equal mix of urine and fixative). Do not transfer any more and do not go over the line.
6. Close the cap tightly.
7. Refrigerate the container with the fixative (and specimen).
8. Clean and dry the container used to collect urine and use it for other samples.

**REMINDER:** Repeat these steps for three consecutive days or as directed by your doctor.

**WARNING:** The liquid in the container is **POISON**. In case of accidental contact with eyes or skin, wash immediately and thoroughly with tap water.