

# Contact us

CISSS Bas-Saint-Laurent

<https://www.cisss-bsl.gouv.qc.ca>

and

CISSS de la Gaspésie

<https://www.cisss-gaspesie.gouv.qc.ca>

  
**Prévenir**  
**Accompagner**  
**Prendre soin**

Centre intégré  
de santé  
et de services sociaux  
du Bas-Saint-Laurent

Québec 

Status: Approved 2024-12-15  
OPTI-DE-018 v2

# User Instructions

## Urine Analysis and Culture

Clinical Department of Laboratory Medicine

OPTI-DE-018



You have been prescribed a urine analysis and/or culture.

**Urinalysis** is performed routinely and to evaluate kidney and urinary tract disorders.

**Urine culture** is performed to diagnose urinary tract infections through the detection of pathogenic bacteria.

This brochure explains the steps to follow.

### MATERIALS REQUIRED

- Sterile container
- 12 ml conical tube and cap



Québec 

## INSTRUCTIONS

- Do not take the sample during your menstrual period. Wait two days after bleeding has stopped.
- The optimal volume for urinalysis is 12 ml, ideally obtained from the first morning urine.
- Do not touch the inside of the container while urinating. Doing so could falsify the results.

## 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

- Be sure to close the container cap tightly.
- Store your samples in a plastic zip-lock bag.
- Keep your samples **refrigerated (4 °C). Do not freeze.**
- Ask the specimen collection staff for information on storage times to ensure the quality of the sample for analysis.

## 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.**

# Sampling method

## STEPS TO FOLLOW

1. Wash your hands with soap and water.
2. Wash your genital area with soap and water. Wipes are permitted.
3. Rinse the genital area and pat dry. Do not flush wipes down the toilet.
4. Open the container and lay the cap inside up without touching the inside of the cap.
5. Start urinating 5 to 10 ml of urine into the toilet, the equivalent of a tablespoon.
6. Continue urinating into the container.
7. Finish urinating in the toilet.
8. Transfer some of the urine into the conical tube, ideally filling it. Do not transfer urine from conical tube back to sterile container.
9. Close the container and put the cap on the conical tube.
10. Wash your hands with soap and water again.

