

How to take a Urine Sample



What the nurse will give you:

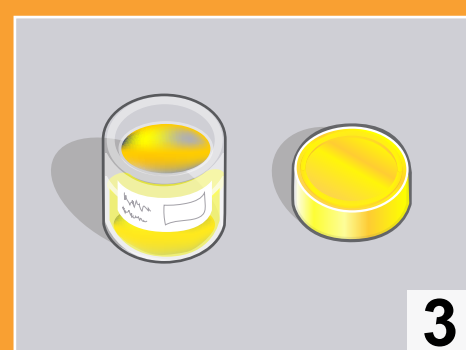
- a) A clear labelled plastic jar
- b) A clear zip lock plastic bag

Please advise the nurse if you have passed urine less than 1 hour ago.



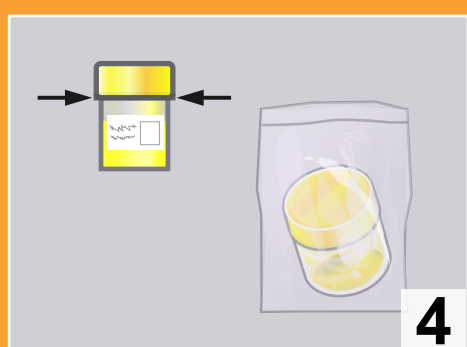
Start:

- Wash your hands with soap and water before taking a sample and dry thoroughly



The jar:

- Pee the first part of the urine stream into the jar -about ½ full
- Pee the rest into the toilet



Close the jar:

- Ensure that the lid of the jar is sealed tight
- Place the sealed jar in the zip lock plastic bag as shown
- If you are completing other tests then put the ziplock bag with sample in the other Bag.



Wash Hands

- Wash you hands with soap and water then dry thoroughly again.



Finish:

- Return the paper bag and its contents to the nurse



- Or place it in the Sample bin available.



Complete:

- All done you are free to go