



Urine Specimen Collection

Routine urinalysis (UA) is one of the most frequently requested laboratory procedures at LabRad Diagnostics because it can provide a useful indication of body health. It can be performed on a “first morning” or random urine specimen. Various diseases can be detected through a routine UA.

Below is a summary of urine specimen types, their diagnostic uses and physician instructions.

Random Urine

Description: This type of specimen is most convenient to obtain.

Uses: Routine Urinalysis

Physician Patient may void at any time of the day or night.

Instructions:

1. Obtain an appropriate specimen container from health provider.
2. Collect the specimen in a clean, dry urine container. Appropriate containers include plastic disposable cups with a capacity of 50 ml.
3. Label the container with the patient's full name and date of birth exactly as it appears on the test requisition.
4. Ensure that the specimen container is tightly closed to prevent leakage during transport.
5. Transport the container to the laboratory within to hours. If transport or analysis cannot occur within this time period, refrigerate the urine.

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First Urine of the Morning

Description: This urine excretion is the most concentrated.

Uses: Protein, nitrate microscopic analysis and routine urinalysis.

Physician Instructions: Instruct the patient to void before retiring at night and discard specimen. On arising the next morning the patient should void and collect the urine specimen.

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