

95536.4464 Routine Urinalysis Patient Instructions - English

Copy of version 1.1 (approved and current)

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Organization LGH Main Lab - Lancaster General Hospital

Approval and Periodic Review Signatures

Type	Description	Date	Version	Performed By	Notes
Periodic review	Manager of Ambulatory Lab Testing	9/17/2025	1.1	<i>Antoine Estevez</i> Antoine Estevez	
Periodic review	Manager of Ambulatory Lab Testing	12/3/2024	1.1	<i>Antoine Estevez</i> Antoine Estevez	
Periodic review	Manager of Ambulatory Lab Testing	2/14/2024	1.1	<i>Antoine Estevez</i> Antoine Estevez	
Approval	Manager Diagnostics Outreach	4/25/2023	1.0	<i>Joy Gilson</i> Joy Gilson	

Signatures from prior revisions are not listed.

Version History

Version	Status	Type	Date Added	Date Effective	Date Retired
1.1	Approved and Current	Minor revision	5/24/2023	5/24/2023	Indefinite
1.0	Retired	Initial version	4/25/2023	4/25/2023	5/24/2023

Linked Documents

- 95536.1837 Urine Collection Procedure
- 95536.4465 Routine Urinalysis Patient instructions - Spanish

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5/24/2023

TITLE: Routine Urinalysis

Patient Instructions - English

Routine Urinalysis

Caution DO NOT REMOVE the label from the top of the collection cup.

There is a needle under the label.

1. Wash hands thoroughly with soap and water and dry with paper towel.
2. Unscrew the container cap.
3. Place the lid on the counter with the “straw” facing upwards. DO NOT touch the inside of the lid or straw.
(Follow mid-stream clean catch directions below if instructed)
4. Urinate into the Urine collection cup without touching the inside or the lip of the cup.
5. Replace the lid back onto the collection cup and secure the lid tightly.
6. Confirm cup is labeled with your Name and Date of Birth.
7. Return the sample to the healthcare workers or place in designated location.

Mid-Stream Clean Catch Instructions-

Please select the instructions that are most appropriate for your anatomy

Cleansing Instructions – Set 1

1. Stand in a squatting position over the toilet. Separate the folds of skin around the urinary opening.
2. Cleanse the area around the opening with the first towelette.
3. Repeat step 2 with the second towelette.
4. Start urinating into the toilet.
5. As you continue to urinate, bring the collection cup into the stream to collect the urine sample.
6. Do not touch the inside or lip of the cup.
7. Finish urinating into the toilet.
8. Replace the lid back onto the collection container, securing the lid tightly.
9. Return sample to the healthcare worker or designated location.

Cleansing Instructions – Set 2

1. Cleanse the end of the penis with the first cleansing towelette beginning at the urethral opening and working away from it. (The foreskin of an uncircumcised person must be retracted)
2. Repeat step 1 with the second towelette.
3. Start urinating into the toilet.
4. As you continue to urinate, bring the collection cup into the midstream to collect the urine sample.
5. Do not touch the inside of the cup or lip.
6. Urinate remainder of urine into the toilet.
7. Replace the lid back onto the container and secure lid tightly.
8. Return sample to the healthcare worker or designated location