

PATIENT INSTRUCTIONS-

- Empty your bladder before beginning the collection process. (The first voided urine in the morning.)
- Drink a few glasses of water over a 2-3 hour period after the initial morning voiding (which is discarded).
- Label the jar provided with your full name, date of birth and the date and time of collection.
- Before going to the toilet, wash your hands thoroughly.
- Collect the urine as you go to the toilet (approximately 40 mls of specimen is required for cytology processing).
- Place the jar in the biohazard bag provided.
- Take the specimen to the collection centre as soon as possible.
- Please place specimen in the fridge if you cannot take it to the collection centre straight away.
- If you have been asked to collect a series of three specimens over three **consecutive** days, you should use a fresh jar for each specimen. Label each jar with specimen number (**1,2 & 3**)
- Take **each** jar to the collection centre **each** day.