



Urine Collection for Cytology

About your Test

- Your health professional has requested tests that require you to collect a sample of your urine each day for 3 days.
- You will need to obtain specimen containers, collection punnets and collection bags from your health professional or from one of our collection centres.
- You must collect your samples on consecutive days.
- Each sample must be delivered to your health professional or one of our collection centres on the day collected. Monday to Friday only.
- If you are unable to deliver the sample on the same day you must keep the sample refrigerated overnight.

Test Procedure

1. In the morning, pass urine into the toilet emptying your bladder completely.
2. Have a large drink of water then collect some of the next urine that you pass into the collection punnet provided.
3. Pour some of the urine from the punnet into the specimen container provided. Half fill (approximately) the specimen container with urine. Discard the remaining urine from the punnet into the toilet.
4. Screw the lid on the container firmly.
5. Write your full name, date of birth, and date and time of collection on the container label. Ensure all containers are labelled if there is more than one.
6. Store your sample in a cool place out of direct sunlight and deliver to the laboratory or one of our collection centres as soon as possible.

Reminder: Have you labelled the container?