



### Packaging Sample for Transport

- Be sure sample is labeled with your full legal name, date of birth, and date of collection
- Label the container NOT the lid
- Be sure the lid is secure on the top of the vial
- Put the container into the large inner sleeve of the zip lock bag provided. Put the laboratory order provided by your physician in the outer sleeve.

### Delivery to Lab

You can drop your sample off at any of the outpatient laboratory collection centers listed under Laboratory Services. To drop off a sample outside of our regular laboratory service center hours, stop by the main Campus information desk inside the front entrance on level 3 (street level) and a laboratory employee will be paged.

## LABORATORY SERVICE LOCATIONS

These are our outpatient laboratory collection centers where you can drop off your sample

### MAIN CAMPUS

#### Ambulatory Care Center (ACC)

##### Laboratory Service

111 Colchester Avenue  
Main Pavilion, Level 2 (Orange Level)  
Burlington, VT 05401

### 1 SOUTH PROSPECT

#### Laboratory Service

1 South Prospect Street  
First Floor Lobby (Street Level)  
Burlington, VT 05401

### FANNY ALLEN CAMPUS

#### Medical Office Building

792 Colchester Parkway, First Floor Street Level  
Colchester, VT 05446

### ADULT PRIMARY CARE WILLISTON

#### Laboratory Service

353 Blair Park Road  
Williston, VT 05495

### FOR MORE INFORMATION

For routine hours and directions please visit  
[UVMhealth.org/MedCenterDrawSites](http://UVMhealth.org/MedCenterDrawSites)

or call us

### PHONE

(802) 847-5121  
(800) 991-2799



# Urine Specimen

Collection Instructions for Patients



[UVMHealth.org/MedCenter](http://UVMHealth.org/MedCenter)

THE  
**University of Vermont**  
MEDICAL CENTER

# Urine Specimen Collection

## URINE COLLECTION (DIRTY URINE FOR STD'S)

### CHLAMYDIA/GC FOR ALL GENDERS

1. Wash hands with soap and water, rinse and dry.
2. First voided urine is required. You should not have urinated for at least 1 hour prior to urine collection.
3. **Do not cleanse** area prior to collection.
4. Use a pen or marker and draw a line at the 30 mL mark on the outside of the urine collection container. Use the measurement scale on the side of the container.
5. Must collect the first 2 tablespoons (30 mL) of urine released. Specimen collection volume must be **less** than 30 mL (2 tablespoons), if more urine is collected specimen will need to be recollected. If more urine is voided **do not** pour off urine to the 30 mL mark, collect a sample at another time.
6. The sample must be refrigerated or stored in a cooler with ice after collection and transported to the lab within 24-hours.



Do not cleanse area and collect first **30 mL** only.

## URINE COLLECTION (CLEAN CATCH)

### BACTERIAL CULTURE FOR FEMALES

1. Wash hands with soap and water, rinse and dry.
2. **Urine specimens for Chlamydia or Gonorrhea (GC) and a sample for a bacterial culture require two separate collections.**
3. Separate the labia and hold them apart; continue to hold the labia apart until the sample is collected.
4. Cleanse urethral opening/vulva with soapy towelette, using a front to back motion. Repeat for a total of 3 passes.
5. Continue to hold labia apart and allow urine to pass into toilet. Do not stop the flow of urine and collect a midstream urine in a sterile container. Do not over fill container, 50 mL (2 ounces) is sufficient. We will need at least 10 mL (1 teaspoon) to perform the testing.
6. Place the lid on the container and label the container (not on the lid) with the your full name (no nick names), date of birth and date and time of collection.
7. The sample must be refrigerated or stored in a cooler with ice after collection and transported to the lab within 24-hours.

## URINE COLLECTION (CLEAN CATCH)

### BACTERIAL CULTURE FOR MALES

1. Wash hands with soap and water, rinse and dry.
2. **Urine specimens for Chlamydia or Gonorrhea (GC) and a sample for a bacterial culture require two separate collections.**
3. Cleanse penis with soapy towelette.
4. If you are uncircumcised, retract the foreskin and keep it retracted until the sample is collected.
5. Allow urine to pass. (Do not stop flow). Collect midstream urine in a sterile container. Do not over fill container, 50 mL (2 ounces) is sufficient. We will need at least 10 mL (1 teaspoon) to perform the testing.
6. Place the lid on the container and label the container (not on the lid) with your full name (no nick names), date of birth and date and time of collection.
7. The sample must be refrigerated or stored in a cooler with ice after collection and transported to the lab within 24-hours.

**Non-sterile containers (food jars, plastic containers) are not acceptable.**