

**Provincial Health Authority
Central Pathological Anatomy Unit**

INSTRUCTIONS FOR URINE CYTOLOGY TESTS
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Collect a urine sample once a day on three consecutive mornings, as follows:

1. As soon as you get up, urinate normally into the toilet.
2. Drink at least two glasses of water (you may have breakfast as usual).
3. Once you have washed with normal running water (do not use soap), collect your second urine of the morning using the container with the white lid.
4. Allow the specimen to stand for approximately half an hour.
5. Without stirring, carefully pour away the top part of the urine and keep about 30 mL (using the graduated scale on the container with the white lid).
6. Pour the 30 mL of urine into the large test tube with a blue lid containing the preservative solution.
7. Write your surname, name, date of birth and specimen number (1, 2 or 3) on the test-tube with the blue lid.
8. Store at room temperature.
9. Repeat the procedure for the second and third specimen collection days using the second and third blue test-tube, respectively.
10. Once the collection is completed, deliver all the three samples using the methods established for the delivery of materials to the APSS Specimen Collection Centers
11. Delivery is scheduled from Monday to Friday; in case of completion of the collection on Saturdays, Sundays and holidays, delivery can be made on the first subsequently available working day
12. In case of problems, samples can be stored at room temperature for up to seven days.

N.B.:

- Upon indication of the prescribing doctor it is possible to collect only one or two samples.
- The containers for collection are available from all Sample Collection Centres.
- Take your GP referral form with the instructions and the necessary clinical information.
- If you are eligible for exemption from subsidised medical charges, this must be indicated on the GP referral form.
- For information on how to collect the specimen, ask your Specimen Collection Centre or call the Pathological Anatomy Lab office on 0461-903303.