



C - Collecting and handing in midstream urine

You may have a urinary tract infection. Your doctor has asked you to collect a urine sample for microbiological testing in the ZekerWeten laboratory. In this leaflet, you can read about the best way to do this and where you can hand in your urine sample.

zekerweten

diagnostiek@rijnstate



It is preferable to collect your first morning urine, which has been in the bladder for more than two hours. This can be examined best.

What do you need?

- Water;
- a clean wash cloth or cotton ball;
- a clean container (e.g., an unused plastic / paper cup or a well-washed measuring cup);
- the shipping container (possibly in combination with the shipping pouch) with your name and date of birth. You received this from your doctor.

What do you have to do?

Before you collect the urine, wipe the vagina or penis clean with a damp wash cloth or a moist swab of cotton wool. Do not use soap! By using a wash cloth, you prevent bacteria from the pubic region ending up in the urine and giving an incorrect result of the urine analysis.

For women, it is important that the labia are spread when urinating, so urine does not run along the skin.



For men, it is important to pull the foreskin back slightly so that the urine does not come in contact with it.



- You then start peeing in the toilet and hold the container under the stream of urine after a few seconds. In this way, you have first rinsed your urethra clean.
- The urine which you produce after the first seconds -- also called midstream urine -- is the cleanest and easiest to asses. You collect this urine in the clean container. After collecting the urine, you can finish urinating in the toilet.
- Pour the urine from the container into the shipping container (filling three-quarters of the container is more than sufficient).
- Screw the shipping container securely closed to prevent leakage.
- If you have collected your first morning urine very early in the morning, keep it temporarily in the fridge.

How it is to be delivered or sent

You can bring the collected urine with the application form to the following locations of ZekerWeten:

- Rijnstate Arnhem, Route 42 (laboratory counter, ground floor).
- Rijnstate Zevenaar, at the reception desk.
- Rijnstate Velp, 6th floor (counter at the Medical Microbiological and Immunological Laboratory).
- Rijnstate Arnhem South, Route 17 (desk at the laboratory 1st floor).
- Or, bring it to one of the injection substations in the region (see www.zekerweten.nl).
- If your doctor is visited by a Rijnstate messenger, it can also be deposited in the mailing case at your family doctor's practice. Your doctor will let you know about this.

You can also send the urine sample via regular mail using the mailing case. Please follow the instructions on the packaging of testing material. However, we prefer that you drop off the urine sample in person.

Always bring your insurance information and identification with you.

Results

After diagnostic testing, your doctor will receive the results. This is usually known within a few days. Sometimes it is even known the next day. Arrange with your doctor when you can call about this.

Questions

If, after reading this leaflet, you still have questions, please contact ZekerWeten, Medical Microbiological and Immunological Laboratory, phone 088 - 005 5455.

Welcome to ZekerWeten

Sometimes a doctor feels that it is necessary, in the interest of your health, to have further diagnostic testing done. Diagnostic testing can often provide more certainty and/or exclude certain diseases. Examples of diagnostic testing are blood tests, x-rays, tissue testing (such as with a birthmark that has been removed) or an ECG.

You can choose where and by whom you want to have the diagnostic testing done. If you choose ZekerWeten, you are opting for speed and convenience but, above all, for the best diagnostic expertise. Because we are affiliated with Rijnstate, you benefit immediately from the expertise of medical specialists at the hospital. Moreover, you can therefore rely on the use of the best equipment and measuring instruments.

ZekerWeten

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