



Please follow the instructions for the circled procedure below:

A – 24-hour urine collection

B – Urinalysis

C – Urine Culture

D – Stool Culture

E – Stool for Ova and Parasites

F – Stool for Virus

G – Stool for Clostridium Difficile

Any question or concerns please call 684-6575.

Procedures for collection of Samples:

Containers for all collection will be provided. Please follow the instructions of the circled procedure.

A - 24 Hour Urine Collection

DO NOT START COLLECTIONS OF FRIDAY OR SATURDAY. All of the 24-hour urine must be collected for accurate results. The specimen must be refrigerated until returned to the laboratory.

- Day 1 – A 24-hour urine container is obtained from the staff in the outpatient area.
- When you wake up on the morning of the day you start your test, the first thing you should do is void the first

morning urine sample into the toilet to empty your bladder.

- From this point on, all throughout the day, you must collect ALL of your urine into the 24-hour urine container. If a voided sample is not collected into the container, begin again. You must empty the container, rinse with tap water and start again.
- The 24-hour urine container must be stored in the refrigerator between collections.
- If you go out during the day, take your container with you. If you wake during the night to go to the bathroom, make sure you void your urine into the container.
- Day 2 – When you wake in the morning, collect the first voided urine specimen into the container. Your bladder is now empty and you have finished the collection.
- Tighten the lid on the container to prevent leakage.
- **Label the container with your name, date of birth, sample collection date and time (when collection was started).**
- Refrigerate the container until you return it.
- Bring the container and requisition to the Lab Outpatient bloodwork area. At this time you may have a blood sample taken.

B - Urinalysis

- Void directly into a clean container.
- **Tighten** lid on container to prevent leakage.
- **Label the container with your name, date of birth, sample collection date and time (when collection was started).**
- Place the container into a resealable plastic bag. Store the urine in the refrigerator.
- Bring the urinalysis sample to the Lab Outpatient Bloodwork area within 24 hours of collection.

C – Urine Culture or Urine for Culture and Urinalysis

- Cleanse the perineal area with a clean damp cloth.
- Begin to urinate your first morning sample into the toilet.
- Once urination has started, place the specimen bottle into the urine stream to get a mid stream sample.
- Remove the bottle before the flow of urine stops.
- **Tighten** lid on container to prevent leakage.
- **Label the container with your name, date of birth, sample collection date and time (when collection was started).**
- Place the container into a resealable plastic bag. Store the urine in the refrigerator.
- Bring the urinalysis sample to the Lab Outpatient Bloodwork area within 24 hours of collection.

D – Stool for Culture – Container Labelled “Enteric Pathogen Transport”

- Before collecting the stool sample, please void your bladder so you don't contaminate the stool with urine.
- Once stool is obtained, use the plastic spork attached to the lid and remove a teaspoon size portion of the stool and place it into the container.
- **Tighten** lid on container to prevent leakage.
- **Label the container with your name, date of birth, sample collection date and time (when collection was started).**
- Place the container into a resealable plastic bag. Store the stool sample in the refrigerator.
- Bring to container(s) to the Lab Outpatient Bloodwork area as soon as possible.

E – Stool for Ova and Parasites – Container labelled “Saf Fixative”

- Before collecting the stool sample, please void your bladder so you don't contaminate the stool with urine.
- Once stool is obtained, use the plastic spork attached to the lid and add stool to the **YELLOW** capped container. Add enough stool so that the fluid reaches the top of the label on the container. It is best to take a small amount from the beginning, middle and end of the specimen. **DO NOT OVERFILL.** Mix stool in

fluid using spork. **Tighten** lid on container to prevent leakage. Store at room temperature.

- From the same stool sample, take a portion and put it in the sterile **WHITE** capped container. **THIS CONTAINER MUST BE REFRIGERATED.** If sample needs to be stored for more than 72 hours, **SAMPLE MUST BE FROZEN.**
- Collect required samples on different days to ensure accurate test results (i.e, if more than one sample is required.)
- **Label the container with your name, date of birth, sample collection date and time (when collection was started).**
- Place the container into a resealable plastic bag.
- Bring to container(s) to the Lab Outpatient Bloodwork area as soon as possible.

F – Stool for Virus Culture – Containers Labelled “Viral Transport Media”

- Before collecting the stool sample, please void your bladder so you don't contaminate the stool with urine.
- Once stool sample is taken, use a tongue depressor to remove a teaspoon size portion of the stool and place into the container.
- **Tighten** lid on container to prevent leakage. Gently shake the container to mix the contents.
- **Label the container with your name, date of birth, sample collection date and time (when collection was started).**

- Place the container into a resealable plastic bag. Store the sample in the refrigerator.
- Bring to container(s) to the Lab Outpatient Bloodwork area as soon as possible.

G – Stool for Clostridium Difficile

- You will be given a sterile container(s) in a resealable plastic bag.
- Before collecting the stool sample, please void your bladder so you don't contaminate the stool with urine.
- Collect stool into a disposable container.
- Once stool sample is taken, use a tongue depressor to collect a small sample (approximately 2 tablespoons).
- Place the sample into the sterilized container.
- **Label the container with your name, date of birth, sample collection date and time (when collection was started).**
- **Tighten** lid on container to prevent leakage. Store sample in the refrigerator.
- Bring sample to the Lab Outpatient Bloodwork area as soon as possible.

Return of Samples

- Return all samples and requisitions to the Lab Outpatient Bloodwork area located on Level 2 in the main atrium.
- Hours for specimen drop off are Mon – Fri (excluding statutory holidays) 7:30 am – 3:30 pm. Please arrive by 3:00 pm is dropping off samples. Please have your health card available when dropping off samples.