

Urine sample collection: Instructions for women



1. You can collect the sample when it has been at least 4 hours since you last urinated.
2. You have received a lidded container and a depressurised sample tube for sample collection. Do not remove the tube cap!
3. Wash your hands.
4. Spread the labia and wash the vulva with a hand shower.
5. Dry with a toilet tissue by wiping from front to back.
6. Remove the sample container lid. Let a little bit of urine run into the toilet.
7. Collect an uninterrupted stream of urine in the container (2/3 of the container). Do not touch the inside of the container. You can let the rest of the urine run into the toilet.
8. Close the sample container lid tightly and remove the lid label. Place the container on a table.
9. Press the sample tube cap first all the way against the sampling needle until urine flows into the tube. Wait until the tube is full.
10. Turn the tube upside down 8-10 times.
11. Fill in this document, and deliver it and the sample tube to the laboratory as soon as possible.

Fimlab

Return this document with the sample, fill in the following information:

Name:

Personal identity code:

Time passed since the last urination: hours.

Urine sample was collected / 20..... at