

First Void Urine Collection

1. You must not have any passed urine for at least 2 hours.
2. Wash your hands.
3. Pass urine straight into sterile yellow top jar.
Collect only the first 30mls of urine (about ½ the jar) then allow the rest to pass into the toilet.
4. Place the cap firmly on the jar.
5. Label with full name, Date of birth, date and time of collection.

If collecting the specimen at home, the sample of the **first void** of the day is preferred. Then refrigerate and deliver to our collection centre as soon as possible.