

First Void Urine Collection

1. You must not have passed urine for a period of not less than 1 hour (preferably two hours).
2. Wash your hands.
3. Pass urine straight into sterile jar (yellow top).
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, dob, date and time of collection.
6. If collecting the specimen at home, the sample of the first void of the day is the preferred specimen. Then refrigerate and deliver to our collection centre as soon as possible.

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