

URINE CYTOLOGY COLLECTION

Materials:

- One Urine Cytology Fixative Container
- Plastic screw cap container
 - *Note: Do not pour out the fixative. Do not drink the fixative.*

The urinary tract is composed of the kidneys, ureters, urinary bladder, and the urethra. Water and waste products which are excreted from the body are known as urine. Urine also contains cells shed from the urinary tract. The technique of identifying the cells in urine is called cytology. This fixative preserves the cells until they can be prepared for microscopic evaluation in the laboratory. Cytological evaluation of urine may identify many conditions including inflammation, viral or fungal infection.

1. Force fluids- drink 4-6 glasses of fluid the evening before the urine collection.
2. Do not save the first morning void for the urine sample. Use a sample from a void later in the day.
3. Female patients should thoroughly cleanse the vaginal area prior to collection.
 - a. Remove underclothing completely and sit comfortably on the seat, swinging one knee to the side as far as you can.
 - b. Spread the labial folds with one hand and continue to hold the labial folds apart while you clean and collect the specimen.
 - c. Wash and rinse well before you collect the urine sample (including between the folds of the skin as carefully as you can). Repeat.
 - d. Hold yourself apart with one hand and allow the first few drops of urine to pass into the toilet bowl.
4. Urinate a small amount into the bowl. STOP!
5. Urinate into a clean container. Immediately add an equal amount of urine in the container to the fixative in the specimen container.
6. After obtaining your urine sample, replace the lid securely to avoid leakage. Write your full name, date of birth, collection date/time on the label.
7. Complete the Cytology and Surgical Pathology Requisition form with all the information requested, even if you have sent a sample in the past.
8. Place the sample container in the ziplock portion on the transport bag and seal. Return the container to the laboratory.

All samples must be dropped off:**Pavilion Laboratory****750 Wellington Ave entrance 22****Monday- Friday 7:00am-5:30pm****Saturday- 7:00am-12:00pm****St. Mary's Laboratory Services****(970)298-2071**