



<b>Patient Instructions</b>
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<b>Urine for <i>Chlamydia</i>, <i>Neisseria gonorrhoeae</i> (GC) or <i>Trichomonas</i></b>
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Your health care provider has requested a urine specimen. In order to produce a meaningful laboratory test result, follow these instructions exactly.

**Collection**

1. Do not urinate for 1 hour before collection.
2. The container provided by the laboratory has the 30 mL level marked on it. Collect the **first 30 mL** of urine passed. It is important to collect the first part of the urine stream. Mid-stream urine is unacceptable.
3. Providing more than 60 mL of urine will affect the test results.  
**If more than 60 mL is collected, wait 1 hour and recollect another urine specimen.**

**Labelling**

1. Label the container with your name, date of birth, and the date of collection.

**Packaging**

1. Place the container in the bag provided and securely close the bag.
2. Fold any paperwork and place in the external pocket of the specimen transport bag. This ensures the specimen will not leak onto the paperwork.

**Storage and Transport**

1. Refrigerate and bring the container to the laboratory the same day as collection.