

### COLLECTION OF URINE FOR CHEMICAL AND MICROSCOPIC URINALYSIS

Collect urine in a 90 mL sterile urine container.

1. An early morning “clean catch” (midstream) urine is the preferred specimen, particularly if microscopy is ordered. However, a random urine specimen is acceptable for urinalysis. At least 5 mL of urine must be collected to ensure sufficient quantity for chemical and microscopic urinalysis. Patient instructions can be found at <https://www.lifelabs.com/patients/preparing-for-a-test/patient-test-instructions/?myProvince=on>

2. Record the date and time of collection on the specimen container *and* on the OHIP requisition (see Figure 1). In the event we receive a specimen without the date and/or time of collection, LifeLabs will alert the health care provider of potentially affected result, using the following interpretive comment:

“Interpret results with caution as date and/or time of collection was not provided to the lab. Urine is stable for 24h when refrigerated.”

When urine specimens received in the lab are 24–48h old, the reports will alert the healthcare provider to interpret results with caution, as accurate results cannot be guaranteed. Specimens older than 48h will be rejected.

3. If testing is delayed more than 2h post collection, specimens for urinalysis must be stored and shipped refrigerated at 2-8 degrees Celsius. **Specimens must reach LifeLabs within 24h, otherwise they may exceed stability. Unrefrigerated specimens older than 2h and refrigerated specimens older than 48h will be rejected.**

**Note:** If equipped to handle urine preservative tablets, preserve the specimen when testing will be delayed more than 24h post collection. IMMEDIATELY add one 50 mg Cargile Stabilur tablet (LL#28789 per 10mL of urine. Clearly indicate on the container “Preservative added”. Store and ship at room temperature for up to 72h.

**Note:** The preservative must be added within 24h of collection. It cannot be added after 24h post collection.

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For further details regarding this topic, please read the September 2020 issue of Inside Diagnostics, LifeLabs healthcare provider newsletter: [Inside-Diagnostics-September-2020\\_Final.pdf \(azureedge.net\)](#)

<small>Lipid Assessment (includes cholesterol, HDL-C, triglycerides, calculated LDL-C &amp; Cholesterol ratio; individual lipid tests may be ordered in the "Other Tests" section of this form)</small>		Vaginal / Rectal - Group B Strip Chlamydia (specify source) GC (specify source) Sputum Throat Wound (specify source) Urine Stool Culture Stool Ova & Parasites Other Swabs (Specify source)	<input type="checkbox"/> Insured - Meets OHIP eligibility criteria: osteopenia; osteoporosis; rickets; renal disease; malabsorption syndrome; medications affecting vitamin D metabolism <input type="checkbox"/> Uninsured - Patient responsible for payment
Vitamin B12			<b>Other Tests</b> - one test per line
Feritin			
Albumin / Creatinine Ratio, Urine			
Urinalysis (Chemical)			
Neonatal Bilirubin			
Child's Age:            days            hours			
Physician/Practitioner's tel. no. (    )			
Patient's 24 hr telephone no. (    )			
Therapeutic Drug Monitoring			
Name of Drug #1			
Name of Drug #2			
Time Collected #1            hr.    #2            hr.			
Time of Last Dose #1            hr.    #2            hr.			
Time of Next Dose #1            hr.    #2            hr.			
<i>I hereby certify the tests ordered are not for registered in or out patients of a hospital.</i>		<b>Specimen Collection</b> Time <i>24 hour clock</i> Date <i>yyyy-mm-dd</i>	
		<b>Fecal Occult Blood Test (FOBT) (check one)</b> <input type="checkbox"/> FOBT (non CCC) <input type="checkbox"/> ColonCancerCheck FOBT (CCC) no other test can be ordered on this form	
		<b>Laboratory Use Only</b>	
X _____ 2012-08-10 Physician/Practitioner Signature            Date			

Figure 1. OHIP requisition with specimen collection time and date field indicated.