

# North Bay Regional Health Centre

Laboratory – Cytology Department

## Midstream Urine Collection Instructions for Cytology

**Caution:** CytoRich™ Red is a liquid fixative that is poisonous.  
Do not drink. Keep out of reach of children and pets.

### Please note:

- Urine specimens for cytology are best if repeated **three** (3) days in a row. Do not collect more than one sample per day.
- Discard the urine the first time you void (pee) in the morning.
- Collect the specimen during the **second** time you void.
- The urine kit is comprised of: three (3) specimen containers with red cytology liquid, three (3) paper requisitions and three (3) small biohazard bags; one for each sample.
- A larger collection container is available for patients who have difficulty using the smaller ones. Please inquire with the outpatient laboratory clerk should you require this.

### Collection instructions:

1. Label the specimen container with your full name, date of birth and the date and time of sample collection.
2. Remove the lid from the specimen container with the cytology liquid.
3. For women: keep legs apart, separate and hold the folds of skin apart while voiding.  
For men: retract the foreskin (if any) while voiding.
4. Start voiding (peeing) into the toilet. As you void bring the container into the stream to fill it. Finish voiding into the toilet. Do not over fill the specimen container.  
  
(If using a larger urine collection container, transfer the collected urine from this container into the specimen container with the red liquid. The larger container can be rinsed, dried and used to collect the two remaining specimens).
5. Replace and tighten the lid securely.
6. Place the container into one of the small biohazard bags that are provided. Be sure to seal the bag. Place one of the requisitions in the side pouch of the biohazard bag.
7. Keep the sample container upright to avoid leaking.
8. Refrigerate the urine samples and deliver to the laboratory as soon as possible after completion of all three (3) urine collections, during regular operating hours Monday to Friday 8:00 am to 2:30 pm.

**If you need further information, please contact the laboratory at  
705-474-8600 ext. 2945**