

## North Bay Regional Health Centre

Laboratory-Biochemistry Department

### **Random Urine Collection Instructions**

Early morning specimens are preferred; although other times of the day are acceptable.

1. Remove the lid from the specimen container. Place the lid onto the sink.
2. Start voiding into the toilet. As you void bring the container into the stream filling it  $\frac{1}{2}$  to  $\frac{3}{4}$  full.
3. Replace and tighten lid securely.
4. Label specimen with your first and last name, date of birth, and date and time of collection.
5. Place the container into the biohazard bag provided; be sure to seal the bag. Place the requisition separately in the side pouch of the bag.
6. Keep the specimen upright to avoid leaking and in the fridge until it is returned to the lab
7. Samples must be returned within 24 hours of collection to the Lab and registered during regular operating hours Monday to Friday 8:00 am to 2:30 pm. **Outpatient samples will not be accepted outside of these hours.**

**If you need further information, please contact the Laboratory at 705-474-8600 ext. 2935**