
 Gaetano Pini Orthopaedic Traumatology Specialist 	Information Sheet Instructions for collecting urine for Urine Culture	Rev. 0	P. 1 of 1 P06_A0250_MAN001_FI006 Ref. P06_A0250_MAN001
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Urine must be collected in a sterile disposable container with a screw cap equipped with a vacuum system (including integrated sampling probe) provided free of charge at our Blood Collection Point or available in the pharmacy; exceptionally, a sterile plastic container with a wide opening and a screw cap is also accepted, always provided by the pharmacy.

In case of **acute symptoms**, the sample can be collected at any time; in all other cases (checks on pregnant women, checks after treatment, etc.), to provide reliable data on the bacterial load, the sample must be related to the first urine of the morning or, if not possible, the collection must be performed a minimum of three hours after a previous urination.

The collection must be performed following the "mid stream" technique; with this procedure:

- ⇒ wash your hands thoroughly;
- ⇒ clean the outside of the genitals thoroughly with soapy solutions and warm water and rinse the affected area thoroughly;
- ⇒ women must hold the labia majora apart with one hand and men must keep the skin of the glans completely retracted during skin cleansing and sample collection;
- ⇒ start urinating into the toilet and stop urinating;
- ⇒ resume urinating directly into the sterile container (taking care not to touch the internal walls and edges of the container with your hands) without going beyond halfway;
- ⇒ finish urinating in the toilet;
- ⇒ Close the container quickly at the end of the collection, checking that you have collected a quantity of urine equal to the MAX limit of the container (50 mL).

Deliver the sample as soon as possible; if the delivery is deferred, it must be kept in the refrigerator for up to 24 hours.

It is necessary to have suspended any antibiotic treatment for at least a week unless otherwise indicated by the attending physician.

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