

URINE TESTS

<ul style="list-style-type: none"> • IMMUNOLOGICAL PREGNANCY TEST • BENCE JONES PROTEIN TEST 	<ul style="list-style-type: none"> • MICROALBUMINURIA TEST • URINE CULTURE • HAEMATURIA TEST • STANDARD URINE TEST
	<p>Pick up the specific test tube at the Lab's reception desk.</p> <p>Beforehand, wash your hands and external genitals with soap and water and rinse thoroughly with running water.</p> <p>Use a clean towel to dry yourself.</p>
	<p>Open the urine container unscrewing its lid and place it upside down (inside side up) on a clean top, do not remove the label from the lid.</p> <p>Collect the intermediate part of your urination in the tube (the first part must be discarded) filling it to about $\frac{3}{4}$, then close it with its lid;</p>
	<p>Remove the adhesive label from the lid.</p> <p>Insert the tube, by its lid, into the opening prepared on the container's lid.</p> <p>Apply a slight pressure: your urine will be automatically drawn from the tube. Maintain the pressure until you have filled the test tube.</p> <p>Remove the tube you have filled from the container.</p>
	<p>Take the tube to the laboratory as soon as possible and no later than 2 hours after collection.</p> <p>NOTE - Please note that you should deliver one sample for each type of analysis requested</p>

○ **HAEMATURIA TEST**

- **Collection should start when you wake up by completely emptying your bladder and discarding the urine.**
- **Two hours later, collect the midstream into the urine test tube.**
- **The sample must be delivered to the laboratory within 30 minutes.**