Urinalysis, Urine Cultures, and Random Urine Analysis:

Barnes-Jewish Hospital Laboratory employs a VACUTAINER® system which eliminates the need to submit the entire collection cup thereby preventing the risk of handling spilled or leaking specimens. A sterile cup with an incorporated cannula is used to collect the specimen and the appropriate VACUTAINER® tube is filled, labeled, and sent to the laboratory.

• **Urinalysis and Urine Culture:**
  — Use the sterile “Urine Complete Cup Kit” which is packaged in a sealed plastic bag. The kit includes a sterile collection cup with the cannula incorporated in the lid, Castile soap towelettes, a grey-top VACUTAINER® tube with a yellow label for the urine culture (this tube contains a stabilizer to maintain optimal specimen integrity), and a yellow/red top tube containing a preservative for urinalysis. If both urine culture and urinalysis are requested either as individual tests or reflex tests, use the sterile collection kit; fill the grey top tube for the culture and the yellow/red top tube for the urinalysis. A grey-top tube can never be used for urinalysis.
  — Urinalysis storage guidelines: Specimens should be received in the laboratory within 2 hours of collection. Specimens >24 hours old will not be tested.
  — Urine culture storage guidelines: If specimen is unpreserved and at ambient temperature, it should be received in the laboratory within 2 hours of collection; if specimen is preserved, or unpreserved and refrigerated, the specimen should be received in the laboratory within 24 hours of collection.

• **Random Urine Analysis:**
  — Use the “Urine Complete Cup Kit” and fill a 10-mL plain, yellow tube (not provided in kit) or the equivalent number of tubes to submit the required volume.
  — Random urine storage guidelines: Specimen must be kept refrigerated before delivery to limit bacterial growth.

**Directions for Clean-Catch (Midstream) Collection:**

• **Males**
  Instruct patient to collect specimen as follows:
  1. Withdraw foreskin if uncircumcised.
  2. Clean glans with sterile, soapy cotton balls or equivalent beginning at urethra and working away.
  3. Rinse cleansed area with 2 successive, sterile, water-soaked cotton balls beginning at urethra and working away.
  4. Begin urinating and pass first portion into toilet, mid-portion into appropriate container, and rest again into toilet.

• **Females**
  Instruct patient to collect specimen as follows:
  1. Sit on toilet and then separate labia minora manually.
  2. Cleanse urethral meatus and surrounding areas with sterile, soapy cotton balls.
  3. Rinse cleansed area with 2 successive sterile, water-soaked cotton balls wiping from front to back.
  4. Begin urinating and pass first portion into toilet, mid-portion into appropriate container, and rest again into toilet.

**24-Hour and Timed Urine Collections:**

Containers for 24-hour and other timed urine specimens may contain an additive for specific testing; these are additive containers. Containers without an additive are plain containers. Additive containers may be prepared with any 1 of the following additives: the container will be labeled as such and color-coded.

<table>
<thead>
<tr>
<th>Label Code</th>
<th>Additive Descriptions</th>
<th>Expiration Date</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gold</strong></td>
<td>5 g Sodium Carbonate</td>
<td>Not Applicable</td>
</tr>
<tr>
<td><strong>White</strong></td>
<td>25 ml 50% Acetic Acid</td>
<td>Stamped on Container</td>
</tr>
<tr>
<td><strong>Pink</strong></td>
<td>10 g Boric Acid</td>
<td>Not Applicable</td>
</tr>
<tr>
<td><strong>Green</strong></td>
<td>25 ml 6N HCL</td>
<td>Stamped on Container</td>
</tr>
</tbody>
</table>

— In the case of 24-hour and other timed urine specimens, the entire collection is required to be submitted. Large specimen bags are provided for the safe transportation of these specimens. Directions for 24-hour collection are printed on a label affixed to the container.