

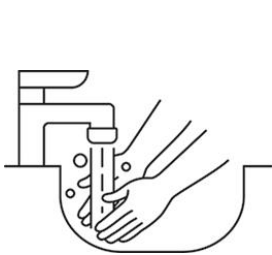
## Taking a urine sample at home: women and girls

### Before giving the laboratory sample:

Collect the sample when at least 4 hours have passed from your last urination. During menstruation or heavy vaginal discharge, we recommend using a tampon before collecting a urine sample. Do not drink more than 1 or 2 glasses of water.

You can pick up the sampling kit and instructions from your nearest HUS laboratory.

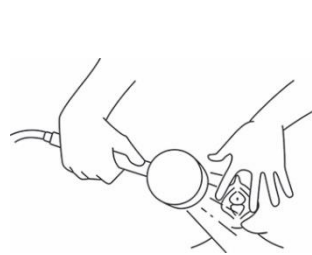
**You must wash your genital area carefully** before taking the sample to obtain a clean sample!



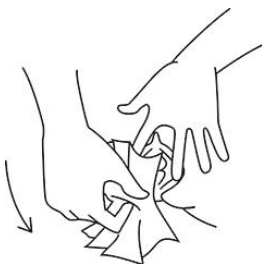
1. Wash your hands.



2. Spread the labia.



3. Wash your vulva using a bidet shower.



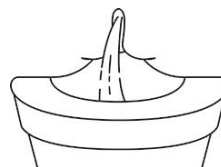
4. Wipe the area dry front to back with toilet paper



5. Start urinating into a toilet.



6. Do not touch the inner surface of the cup. Do not stop the urine stream. Catch some urine in the cup (about 2/3 of the cup).

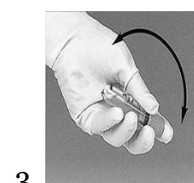


7. You can finish urinating in the toilet.

## Washing the genital area

Wash your genital area using a bidet shower or wash cloths (e.g., gauze pads) dipped in warm water. Use a clean washcloth for each stroke. If a child needs assistance with this, the person assisting will wash their hands carefully and then wash the child's vulva.

## Transferring the sample into test tubes



1. After collecting the sample, close the sample container and set it on a table. Open the sealing sticker but be careful not to touch the needle under the sticker.
2. Transfer urine into the test tubes IMMEDIATELY by pressing the test tube cap first against the needle. Wait until the flow of urine to the tube stops. Take the tube out by pulling it upwards gently. If you were given several tubes, fill them all the same way.
3. If you are not able to fill the test tubes as described above, open the lid of the sample container and the caps of the test tubes, and pour the urine into the tubes. Make sure that the tubes have at least the minimum amount of the sample (marker line). Do not fill the tubes above the upper edge of the label.
4. Turn the test tubes upside down at least 8 times. Pour the rest of the urine down the toilet. Close the sample collection container's lid and sticker. Dispose of the container with mixed waste.

## After sample collection

1. On the sticker/paper, write your name, personal identity code, sample collection time, and time since last urination (in hours).
2. Stick the sticker on the bag or place the paper inside the bag. Place the test tubes in the bag and close the bag. The laboratory will not test samples with missing personal information.
3. Deliver the test tubes to a laboratory as soon as possible during the same day, but no later than six hours after taking the sample. The test tubes must not freeze. If you have had to deviate from the instructions or open the caps on the test tubes, please inform the person receiving the samples.
4. If you have any questions about collecting a urine sample, you can call our customer service number 09 471 86800, Mon–Fri 9:00 a.m.–3:30 p.m. Note! Laboratory test results will not be given out over the phone.