



Random Urine Collection Instructions

1650 Cowles
(Fairbanks Imaging Center)
Fairbanks, AK 99701
907-458-5640

Or

1101 and 1001 Noble
(in the TVC building)
Fairbanks, AK 99701
907-459-3500, ext. 2229

Notes on Collection:

- For proper diagnosis and treatment, it is extremely important that you follow these instructions.
- Specimen cannot be contaminated with fecal material because this will greatly affect results.

Collection (do these steps in order):

1. Wash your hands thoroughly, with soap and water.
2. Take the specimen cup and towelettes to the toilet.
3. Open the enclosed sterile wipe
4. Remove lid from urine cup (do not touch the interior of the cup)
5. Using the sterile wipe:
 - Males: Pull foreskin back (if uncircumcised). Wipe head of penis in a single motion with first towelette. Repeat with second towelette.
 - Females: With the index and middle fingers of one hand, hold labia (the folds of skin on either side of the area from which you urinate) apart and wipe with each towelette from front to back. Continue to hold labia apart while you urinate.
6. Discard the wipe in the toilet.
7. Void a small amount of urine into the toilet.
8. Stop the stream of urine and position the container.
9. Resume voiding into container (if a specific amount is required, you will be told in advance of collection).
10. Finish voiding into the toilet.
11. Replace the lid tightly.
12. Label with first name, last name, date of birth and time and date of collection.

Transport:

- Bring the collection to the Laboratory within 1 hour.
- Bring the order for testing (provided by your practitioner) to the Lab with the specimen.

Please contact Fairbanks Memorial Hospital Laboratory (458-5640) with any questions.