

How to take a urine sample

Version for care Staff

- Urine samples may be collected at any time of day, unless your GP or practice nurse advises you otherwise.
- Samples must be sent to the GP / lab in 20ml **red capped universal container**. This contains boric acid preservative powder, a preservative. This is essential for samples that do not arrive in the lab within 4 hours of being taken.

To collect a urine sample you should:

1. Label a sterile red capped universal container with the name, date of birth and the date the sample was taken
2. Wash your hands and put on single use non sterile gloves and an apron
3. Clean the pubic area with soap and water but do not put any cream on until after the sample has been collected. Use cotton wool balls or a disposable wipe and swab and wash from front to back. This will prevent contamination of the specimen from faeces or bacteria normally present on the skin.
4. Depending on what is feasible for your resident
 - Ideally collect the sample in the middle of passing urine "mid-stream" (rather than at the start) in the sterile white screw top (universal) container
 - A sterile container used in the toilet or commode may be used if collection in the universal container is challenging.
 - For residents reliant on continence pads a please contact the Bladder and Bowel Service for advice on how to obtain a sample
5. Transfer the urine to a sterile 20ml red capped universal container
6. Screw the lid of the container shut
7. Remove gloves and apron and wash your hands thoroughly
8. Check the details on the label are correct
9. Samples should be taken to the GP practice as soon as possible. Send a copy of the UTI assessment tool with the sample

Catheter samples of urine must be taken by trained staff assessed and competent in ANTT e.g. district nurse.

Storing a urine sample

If you can't hand the urine sample to the GP within 1 hour, you should put the container in a sealed plastic bag then store it in the fridge at around 4C. Do not keep it for longer than 24 hours. The bacteria in the urine sample can multiply if it is not kept in a fridge. If this happens, it could affect the test results.

What is a mid-stream urine sample?

A mid-stream urine sample means you don't collect the first or last part of urine that comes out. This reduces the risk of the sample being contaminated with bacteria from the skin around the urethra, the tube that carries urine out of the body.

Supply of boric acid containers

Please ensure that supplies of the new containers are made available in the wards /GP practices by the end of 2019. These containers typically have a **red cap and are available for bulk purchase via your normal supplier or NHS Supply chain.**

White top universal tubes code: KCP 2010 (supplied in boxes of 450) available from NHS supplies

Red top universal tubes code: KCP 885 (supplied in bags of 50) available from NHS supplies