

# Urine collection

## Mid – stream urine

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- **Early morning urine are preferred; although urine collected at other times of the day are acceptable (wait at least 3 hours after last urination).**



1. Wash urogenital area with wet tissue (do not use soap or disinfectant).



2. Urinate the first third into the toilet.



3. The second third in a clean jug.



4. The last third into the toilet.

### First morning urine (first stream)

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First void of early morning urine.

### Spontaneous urine

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Spontaneous urine: possible at every time of the day, second morning urine are preferred.

### 24 hours urine

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First early morning urine in toilet.



Each urination during the day should be collected, as well as the first early morning urination of the following day (24 h). Conserve the urine in the jug and store it in a light protected and cool place.



**Attention:**

You might find some liquid in the jug. This liquid is an additive that is important for the following analysis. Please do not decant it.