

FIRST MORNING URINE

DEAR PATIENT,

Your doctor has ordered a laboratory test that requires a first morning urine sample.

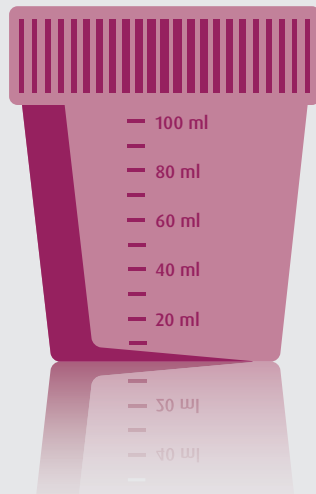
First morning urine refers to the first urine passed after waking up, during the first urination of the day, before breakfast and before any physical activity.

It is important to collect the sample correctly.

This guide explains how to collect the urine sample, label it, and store it properly until delivery to the laboratory.

From the laboratory you will need:

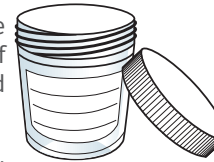
- Single-use urine collection container



HOW IS A FIRST MORNING URINE SAMPLE COLLECTED?

What should you pay attention to?

- The first morning urine sample should be collected immediately after waking up, during the first urination of the day, before breakfast and before any physical activity.
- Sexual intercourse should be avoided for 24 hours before sample collection.
- First, label the urine container on the side with your name, date of birth, and date of collection, and place it nearby with the lid within easy reach.
- Wash your hands thoroughly with soap and water, then dry them with a clean towel.



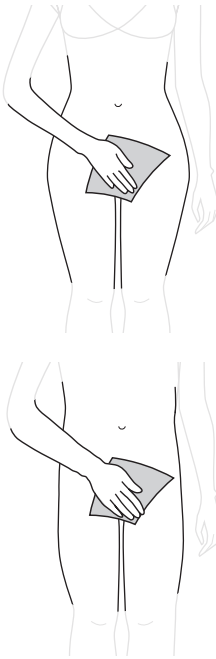
COLLECTION INSTRUCTIONS:

1. Wash your genital area

Women: With one hand, spread the labia apart and wash the area thoroughly using water only (without soap). Then dry the area with a clean towel. Keep the labia separated until urine collection is completed.

Urine collection during menstruation is not recommended. If necessary, a tampon should be used.

Men: Retract the foreskin completely and clean the glans thoroughly using water only (without soap). Then dry the area carefully with a clean towel. Keep the foreskin retracted until urine collection is completed.



2. Collect the first morning urine

Let the urine flow into the toilet for approximately 3 seconds.

Then collect approximately 20–30 mL of midstream urine in the urine container without interrupting urination. The collection container should not come into contact with the body.



Allow the remaining urine to flow into the toilet.

3. Close the urine container carefully and tightly

Deliver the collected sample to the laboratory as soon as possible. Until delivery, store the sample in a cool place or in a refrigerator (2–8°C).

