



Pathology
Laboratories

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Patient Self Testing Procedures



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The clean catch urine collection procedure for females

- Wash hands thoroughly
- Stand in a squatting position over the toilet
- Separate the folds of the skin around the urinary opening
- Cleanse the area on either side and around the opening with special wipes or water, using a fresh wipe for each area and wiping from front to back. Discard used wipes in sanitary bin
- While keeping the skin folds separated, void into the toilet for a few seconds.
- Touching only the outside and without letting it touch the genital area collect the urine into the specimen container until a sufficient amount of urine is collected
- Void the remaining urine in the toilet
- Cover the specimen with the lid provided, touching only the outside surfaces of the lid and container. Make sure that the lid is firmly attached to the bottle to prevent leaks.
- Clean any urine on the outside of the container with a tissue paper and place the urine container into a ziplock packet.
- Wash hands with soap and water
- Hand specimen to the phlebotomist or place where instructed if already lab

The clean catch urine collection procedure for males

- Wash hands thoroughly
- Wash the end of the penis with a special wipe or

water, beginning at the urethral opening and working away from it in a circular motion (the foreskin of an uncircumcised male must be retracted) repeat the procedure with a clean wipe.

- Discard the wet wipes into the bin.
- Keeping the foreskin retracted, if applicable, void in the toilet for a few seconds.
- Touching only the outside without letting it touch the penis, bring the urine container into the urine stream until a sufficient amount of urine is collected.
- Void the remaining urine into the toilet.
- Cover the specimen with the lid provided touching only the outside surfaces of the lid and container. Make sure that the lid is firmly attached to the bottle to prevent leaks.
- Clean any urine spilled on the outside of the container with a tissue paper.
- Wash hands with soap and water.
- Hand specimen to the phlebotomist or place where instructed if already labelled.

24 Hour Urine Collection

- The patient needs to empty his or her bladder upon awakening in the morning
- Thereafter all the urine has to be collected for the next 24 hours for accurate results
- If the urine is not collected properly for 24 hours the results will be inaccurate.
- The specimen should be kept in a cool place or refrigeration.
- When the 24 hours is completed the patient has to bring the specimen to the laboratory to hand over,

the person receiving the 24 hour urine must make sure the container has the proper details.

- If bloods are required the phlebotomist will draw the necessary bloods.

Glucose Tolerance

- Patient is advised to fast overnight for 8 to 12 hours prior to the test.
- Patient is advised not to restrict carbohydrate intake 3 days before the test.
- Smoking and chewing gum is not allowed,, only small sips of water.
- The total duration of the test is approximately 2 hours, during which the patient is not allowed to eat drink, smoke, walk around or leave the premises.

Fasting tests

- Fasting glucose, fasting cholesterol, Lipogram
- Patient is advised to fast overnight for 8 to 12 hours prior to the test.
- Smoking and chewing gum is not allowed, only small sips of water.

