This test is done to check for bladder or urinary tract infections. The best time to get a urine sample is when the urine has been in your bladder for at least two to three hours. We suggest that you get the sample when you first wake up in the morning.

Follow These Steps

1. Wash your hands with soap and water. Dry your hands well.

2. Get the urine sample kit. The kit has a cup with a lid and a packet of wipes.

3. Spread a clean paper or cloth towel out on a counter or surface you can reach from the toilet.

4. Open the wipes and place them on the towel.

5. Take the lid off of the cup. Put the lid flat side down on the towel. Do not touch the inside of the cup or lid.

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5. Take the lid off of the cup. Put the lid flat side down on the towel. Do not touch the inside of the cup or lid.
6. Sit on the toilet and spread your legs apart. Use two fingers on one hand to spread open your labia. The labia are the folds of skin on each side of your vagina. Hold the labia open until you get the urine sample.

7. With your other hand, use the wipes to clean your labia.
   - With the **first wipe**, wipe from front to back of inner labial folds in one stroke. Throw away the wipe in the trash.
   - Use the **second wipe** to clean in the middle over the opening to your urethra. This is where your urine comes out. It is just above the opening to your vagina. Throw away wipe in the trash.

8. Urinate a small amount into the toilet, and then stop the flow.
9. Hold the urine cup a few inches from your urethra. Urinate into the cup until it is about half full. Stop the flow. Let go of your labia, and if needed, finish urinating into the toilet (not the cup).

9. 握持尿杯，距离尿道几英寸。向杯中排尿，直至约半满。停止排尿。松开阴唇，如果需要，继续在马桶（而非杯子）中排尿。

10. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid.

10. 盖紧杯盖。小心不要接触杯子或盖子的内部。

11. Wash your hands with soap and water.

11. 用香皂和水洗手。

12. If you are in the hospital, call the nurse to take the fresh specimen. Do not allow the sample to sit in the room.

12. 如果您在医院，请尽快联系护士取新鲜样本。尿样不应长时间放在室内。

If you are at home, put the cup in a plastic bag and put the bag in the refrigerator to keep the sample fresh. Take the sample with you when you go to the laboratory or doctor’s office, as directed.

If you are at home，请将杯子放入塑料袋中，并将袋子放入冰箱，以保持样本新鲜。在前往实验室或医生办公室时，按照指示带上采集的样本。

Test results are sent to your doctor. Your doctor will share the results with you.

Test results are sent to your doctor. 检查结果会发送给您的医生。医生会告知您检查结果。

Talk to your doctor or nurse if you have any questions or concerns.

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如果您有任何疑问或疑虑，请咨询您的医生或护士。