




 <p>Fondazione IRCCS San Gerardo dei Tintori</p> <hr/> <p>Sistema Socio Sanitario</p>  <p>Regione Lombardia</p>	<p>INSTRUCTIONS FOR COLLECTING THE URINE SAMPLE TO PERFORM THE CHEMICAL, PHYSICAL AND MORPHOLOGICAL EXAMINATION</p>	<p>Rev. 0 11/03/24</p>	<p>Page 1 of 2</p>
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Dear Sir / Madam

The Physical, Chemical and Morphological Urine Examination (ECMU) is one of the most requested diagnostic tests in an analysis lab, as it provides the clinician with very important information not only on the kidney and urinary tract function, but also on possible systemic and metabolic diseases. A correct and suitable urine sample collection allows the laboratory to pass on accurate and precise results to both patient and treating physician.

We remind you that you can contact the laboratory staff for any further information.

<p>MATERIAL NEEDED FOR THE URINE COLLECTION:</p> <ul style="list-style-type: none"> • We strongly advise you to use the container provided free of charge by staff at the sampling centre of the <u>IRCCS San Gerardo dei Tintori from 07:00 to 15:00</u> (Figure 1), alternatively, use a container for the urine that you can purchase at a pharmacy or over the counter pharmacy (Figure 2). • The container must not be washed or tampered with at all. • Do not use any other type of container that is not suitable. 	 <p>Figure 1: Container delivered at the sampling centre of the <u>IRCCS San Gerardo dei Tintori</u>.</p>
<p>RECOMMENDATIONS FOR PATIENT PREPARATION:</p> <ul style="list-style-type: none"> • Collect the first urine of the morning, alternatively, urine that has stayed at least 4 hours in the bladder. • Women of childbearing age must avoid the urine collection during the menstrual period • It is advisable to fast from midnight and collect the urine upon waking up, before breakfast and any physical activity • It is advisable to refrain from sexual intercourse for 12 hours before collection 	
<p>RECOMMENDATIONS FOR SAMPLE COLLECTION:</p> <ul style="list-style-type: none"> • Wash your hands thoroughly. • Wash the genitals with plenty of running water, without using antiseptic detergents. • Dry your genitals well with a clean towel. • Discard the first stream of urine and, without interrupting the urination, position the container to collect the second, INTERMEDIATE STREAM, excluding the final one and thus discarding the last part of the urination. • Close the container without touching it inside. 	<p>Figure 2: Container suitable for urine collection (red/blue cap) that can be purchased at a Pharmacy or Over-the-Counter Pharmacy</p>
<p>ADEQUATE URINE VOLUME FOR ANALYSIS:</p> <ul style="list-style-type: none"> • It is advisable to collect an optimal quantity of urine between 10 and 30 ml. 	
<p>DELIVERY TIME:</p> <ul style="list-style-type: none"> • We recommend you to deliver the urine sample between 7:00 and 9:30 to the Sampling Centre room set aside for the delivery of biological materials. 	

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