

**Procedure Name:** VHSD – Patient Instructions – Urine Cytology  
**Originating Department:** Virtus – Diagnostics – Hurstville Laboratory

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## **PATIENT INSTRUCTION SHEET FOR THE COLLECTION OF URINE CYTOLOGY**

The aim of urine cytology is to examine the cells contained in the urine. Urine is a harsh environment for cells to live in and consequently they do not survive for very long. We ask you to follow the procedure below as closely as possible to ensure that the results can be obtained for you.

- Three urine samples must be collected on three consecutive days (excluding Saturday, Sunday and Public Holidays). Therefore obtain three yellow-topped sterile containers from the Collection Centre.
- The first urine of the day is NOT satisfactory for urine cytology as most of the cells have been destroyed by lying in the bladder overnight.
- A MID-MORNING SPECIMEN IS REQUIRED. A maximum of one yellow-topped jar is needed. Secure the lid firmly on the threads.
- Write your surname, first name and date of birth on each container.
- You may wish to collect the first urine specimen at the Collection Centre. You may do this if approximately three hours have lapsed since you previously emptied your bladder.

### **If you are collecting the urine at home**

It is important to deliver this urine to the Collection Centre as soon as possible after collection, preferably within one hour. Every urine sample **MUST** reach the laboratory on the day of collection.

THANK YOU FOR YOUR CO-OPERATION

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