

### New Hanover Regional Medical Center

**Supplies:** Sterile urine specimen cup, two moist towelettes and specimen biohazard bag.

**Instructions:**

Female	Male
<ol style="list-style-type: none"> <li>1. Wash hands in warm soapy water before you begin.</li> <li>2. Verify patient information label on container is correct, if no label, then write your first name, last name, and date of birth on a specimen container.</li> <li>3. Open specimen container. <b>Do not</b> touch the inside of the cup or the lid. If you accidentally touch the inside, please obtain a new container.</li> <li>4. Open towelette 1. Separate the labia with your fingers. Wipe from front to back to clean inside the labia and over the urinary opening (urethra). And discard towelette. Repeat above steps with towelette 2.</li> <li>5. Continue to hold the labia open and begin urinating into the toilet.</li> <li>6. Bring the specimen container into the stream and collect a clean, <b>mid-stream</b> specimen.</li> <li>7. Finish urinating into the toilet.</li> <li>8. Tightly secure the lid to the specimen cup.</li> <li>9. Wash hands</li> <li>10. Deliver the container to one of our Outpatient Laboratory Services listed below.</li> </ol>	<ol style="list-style-type: none"> <li>1. Wash hands in warm soapy water before you begin.</li> <li>2. Verify patient information label on container is correct, if no label, then write your first name, last name, and date of birth on a specimen container.</li> <li>3. Open specimen container. <b>Do not</b> touch the inside of the cup or the lid. If you accidentally touch the inside, please obtain a new container.</li> <li>4. Open towelette 1. Retract foreskin (if present) and use the towelette to clean the entire head of the penis. Discard towelette. Repeat above steps with towelette 2.</li> <li>5. Begin urinating into the toilet.</li> <li>6. Bring the container into the stream and collect a clean, <b>mid-stream</b> specimen.</li> <li>7. Finish urinating into the toilet.</li> <li>8. Tightly secure the lid to the specimen cup.</li> <li>9. Wash hands</li> <li>10. Deliver the container to one of our Outpatient Laboratory Services listed below.</li> </ol>

**IMPORTANT NOTE:** Urine must be kept cold, refrigerate sample until it is delivered to the lab. Specimen collection must be returned to the lab within 24 hours of collection. Please place the date and time of collection on the container. Keep the container out of reach of children.

Novant Health Lab Services – New Hanover  
 1415 Medical Center Dr.  
 Wilmington, NC 28401  
 7:00 AM to 5:00 PM, Monday thru Friday  
 8:00 AM to 12:00 PM, Saturday  
 Phone: 910-667-6028 Option 1

Novant Health Lab Services – Leland  
 1333 S Dickinson Dr, Suite 110  
 Leland, NC 28451  
 8:00 AM to 5:00 PM, Monday thru Friday  
 Phone: 910-667-6028 Option 2

Novant Health Lab Services – Supply  
 545 Ocean Highway West, 2nd Floor, Suite 204  
 Supply, NC 28462  
 8:00 AM to 5:00 PM, Monday thru Friday  
 Phone: 910-667-6028 Option 3