

Sullivan County Department of Public Health

<u>Title:</u> Urine Sample Collection	Original Approval: 12/17
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Statement/ Purpose:

To provide guidance on collecting urine samples via various techniques.

Authority:

Application:

All SCDPH CHHA RNs

Terminology:

Responsible Party:

Training and Quality Improvement Coordinator

Cross-Reference:

Hand Hygiene, Medical Waste and Sharps Transport and Disposal, Straight Catheter Insertion

Procedure:

Obtaining a Sterile Urine Sample from a Urine Stream

1. Confirm provider's order.
2. Explain the purpose of the procedure to the patient. The purpose is to obtain a urine sample to measure its contents, thus allowing the provider to evaluate the patient's condition.
3. Perform hand hygiene.
4. Gather supplies
5. Don non-sterile gloves.
6. Ensure the patient's privacy throughout the procedure.
7. Instruct or assist the patient to cleanse their perineal area with soap and water or antiseptic wipes.
8. Instruct the patient to urinate into the urine specimen container. Approximately 30 ccs of urine is considered acceptable for a specimen.
9. As the patient to complete voiding into the toilet or bedpan.
10. Place the lid securely on the container.
11. Assist the patient with wiping and dressing if necessary.
12. Label the container with the following:
 - a. Patient's name
 - b. Patient's date of birth
 - c. Date and time of collection
 - d. Provider's name
13. Complete the lab requisition form and place it in the specimen bag for transportation to the laboratory.

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14. Remove gloves and perform hand hygiene.
15. Document the procedure, including the following, in the patient's clinical record:
 - a. Characteristics of the urine
 - b. The laboratory to which the specimen is delivered.
 - c. Patient's reaction
 - d. Any other pertinent observations
 - e. Results of testing
 - f. Report results to provider.
16. Transport specimen to the laboratory.

Obtaining Urine Samples from an Indwelling Catheter

1. Confirm provider's order.
2. Explain the purpose of the procedure to the patient. The purpose is to obtain a urine sample to measure its contents, thus allowing the provider to evaluate the patient's condition.
3. Perform hand hygiene.
4. Gather supplies
5. Don non-sterile gloves.
6. Ensure the patient's privacy throughout the procedure.
7. Clamp the catheter for approximately 30 minutes
8. Cleanse the catheter port with an alcohol wipe.
9. Insert a 23 gauge needle with 10 cc syringe into the port and aspirate urine.
10. Inject the urine into a sterile urine specimen container.
11. Unclamp the catheter.
12. Dispose of needle/ syringe per agency policy.
13. Label the container with the following:
 - a. Patient's name
 - b. Patient's date of birth
 - c. Date and time of collection
 - d. Provider's name
14. Complete the lab requisition form and place it in the specimen bag for transportation to the laboratory.
15. Remove gloves and perform hand hygiene
16. Document the procedure, including the following, in the patient's clinical record:
 - a. Characteristics of the urine
 - b. The laboratory to which the specimen is delivered.
 - c. Patient's reaction
 - d. Any other pertinent observations
 - e. Results of testing
 - f. Report results to provider.
17. Transport specimen to the laboratory.

Obtaining Urine Samples from a Straight Catheter- Female

1. Confirm provider's order.
2. Explain the purpose of the procedure to the patient. The purpose is to obtain a urine sample to measure its contents, thus allowing the provider to evaluate the patient's condition.
3. Perform hand hygiene.
4. Gather supplies

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5. Don non-sterile gloves.
6. Position the patient supine with knees flexed and spread wide.
7. Ensure the patient's privacy throughout the procedure.
8. Cleanse the perineal area with soap and water or antiseptic wipes and dry well.
9. Remove disposable gloves, perform hand hygiene.
10. Open catheter insertion kit.
11. Place moisture-resistant pad under patient's buttocks.
12. Don sterile gloves
13. Prepare sterile field and open supplies
14. Apply water-soluble lubricating jelly to three inches of the catheter tip and place in the sterile field.
15. Separate the labia with non-dominant hand. This hand is now considered nonsterile.
16. Cleanse urinary meatus from the top to bottom with pre-soaked swab sticks.
 - a. Use one swab stick to wipe one side. Discard.
 - b. Use one swab stick to wipe the opposite side. Discard.
 - c. Use third swab stick to wipe the center. Discard.
17. Pick up lubricated catheter with sterile hand.
18. Insert catheter into urinary meatus with a deliberate but gentle motion. Insert the catheter two to three inches for an adult or one inch for a child.
19. When urine flows, use your non-dominant hand to hold the catheter in place.
20. Place the end of the sterile straight catheter into the sterile urine specimen container.
21. Collect 30-60 cc of sterile urine.
22. Place the end of the sterile, straight catheter into the catheter kit's tray and continue to drain the bladder.
23. Remove the straight catheter.
24. Assist the patient with wiping and dressing.
25. Label the container with the following:
 - a. Patient's name
 - b. Patient's date of birth
 - c. Date and time of collection
 - d. Provider's name
26. Complete the lab requisition form and place it in the specimen bag for transportation to the laboratory.
27. Dispose of supplies in patient's garbage.
28. Remove gloves and perform hand hygiene
29. Document the procedure, including the following, in the patient's clinical record:
 - a. Characteristics of the urine
 - b. The laboratory to which the specimen is delivered.
 - c. Patient's reaction
 - d. Any other pertinent observations
 - e. Results of testing
 - f. Report results to provider.
30. Transport specimen to the laboratory.

Obtaining Urine Samples for a Straight Catheter- Male

1. Confirm provider's order.
2. Explain the purpose of the procedure to the patient. The purpose is to obtain a urine sample to measure its contents, thus allowing the provider to evaluate the patient's condition.
3. Perform hand hygiene.

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4. Gather supplies
5. Don non-sterile gloves.
6. Position the patient supine with knees flexed, legs extended and slightly apart.
7. Drape patient to respect privacy and expose genitalia only.
8. Place moisture-resistant pad under patient's genitalia
9. Remove disposable gloves, perform hand hygiene.
10. Open catheter insertion kit.
11. Don sterile gloves
12. Prepare sterile field and open supplies
13. Apply water-soluble lubricating jelly to seven inches of the catheter tip and place in the sterile field.
14. Grasp the shaft of the penis and hold it upright.
15. If patient is uncircumcised, retract foreskin.
16. Cleanse around the urinary meatus using the swab sticks.
 - a. Use one swab stick to wipe one side. Discard.
 - b. Use one swab stick to wipe the opposite side. Discard.
 - c. Use third swab stick to wipe the center. Discard.
17. Hold the penis at a 45-degree angle.
18. Insert the catheter until urine begins to flow. If resistance is felt, wait up to five minutes for spasm to relax.
19. When urine flows, use your non-dominant hand to hold the catheter in place.
20. Place the end of the sterile straight catheter into the sterile urine specimen container.
21. Collect 30-60 cc of sterile urine.
22. Place the end of the sterile, straight catheter into the catheter kit's tray and continue to drain the bladder.
23. Remove the straight catheter.
24. Assist the patient with wiping and dressing.
25. Label the container with the following:
 - a. Patient's name
 - b. Patient's date of birth
 - c. Date and time of collection
 - d. Provider's name
26. Complete the lab requisition form and place it in the specimen bag for transportation to the laboratory.
27. Dispose of supplies in patient's garbage.
28. Remove gloves and perform hand hygiene
29. Document the procedure, including the following, in the patient's clinical record:
 - a. Characteristics of the urine
 - b. The laboratory to which the specimen is delivered.
 - c. Patient's reaction
 - d. Any other pertinent observations
 - e. Results of testing
 - f. Report results to provider.
30. Transport specimen to the laboratory.

Obtaining Urine Samples from a Urostomy

1. Confirm provider's order.
2. Explain the purpose of the procedure to the patient. The purpose is to obtain a urine sample to measure its contents, thus allowing the provider to evaluate the patient's condition.
3. Perform hand hygiene.

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4. Gather supplies (straight catheter insertion kit).
5. Don non-sterile gloves
6. Remove the appliance.
7. Cleanse the stoma with mild soap and water or an antiseptic wipe.
8. Remove disposable gloves, perform hand hygiene.
9. Open catheter insertion kit.
10. Don sterile gloves
11. Prepare sterile field and open supplies
12. Apply water-soluble lubricating jelly to three inches of the catheter tip and place in the sterile field.
13. Cleanse stoma with bacteriostatic wipe.
14. Insert catheter approximately three inches into ostomy.
15. When urine flows, use your non-dominant hand to hold the catheter in place.
16. Place the end of the sterile straight catheter into the sterile urine specimen container.
17. Collect 30-60 cc of sterile urine.
18. Place the end of the sterile, straight catheter into the catheter kit's tray and continue to drain the bladder.
19. Remove the straight catheter.
20. Apply a new urostomy appliance.
21. Label the container with the following:
 - a. Patient's name
 - b. Patient's date of birth
 - c. Date and time of collection
 - d. Provider's name
22. Complete the lab requisition form and place it in the specimen bag for transportation to the laboratory.
23. Dispose of supplies in patient's garbage.
24. Remove gloves and perform hand hygiene
25. Document the procedure, including the following, in the patient's clinical record:
 - a. Characteristics of the urine
 - b. The laboratory to which the specimen is delivered.
 - c. Patient's reaction
 - d. Any other pertinent observations
 - e. Results of testing
 - f. Report results to provider.
26. Transport specimen to the laboratory.