

<b>How to prepare</b>	<ul style="list-style-type: none"> <li>For cytology testing you may be asked to collect one sample or three samples. If three samples are required the three samples <b>must be collected on three different days</b>.</li> </ul>
<b>Risks or Cautions</b>	<ul style="list-style-type: none"> <li>A WHMIS label will be attached to the container containing Cytology fixative.</li> <li>For each sample required you will be given an empty sterile container and one container with 30ml of cytology fixative. NOTE: Cytology Fixative is extremely flammable and toxic.</li> </ul>
<b>Labelling the Sample</b>	<p>Label the collection container with:</p> <ul style="list-style-type: none"> <li>Your (the patient) <b><u>full first and last name, date and time of collection, Provincial Health Insurance (PHN/ULI), or Government issued identification such as (Federal, Military, RCMP, Immigration, Passport #)</u></b></li> <li>If you've been provided with a patient label, attach this label to the outside of the container.</li> </ul>
<b>Lab Requisition</b>	<ul style="list-style-type: none"> <li><b>Print</b> the date/time the sample was collected on your lab requisition.</li> <li><b>Fold</b> and place the requisition in the <b>outside</b> pocket of the biohazard bag. <b>Do not</b> put the requisition in the bag with the sample collection container.</li> </ul>
<b>Collecting the Sample</b>	<ol style="list-style-type: none"> <li>Lab will give you towelettes, sterile container(s) and container(s) with cytology fixative.</li> <li>Wash your hands with soap and water.</li> <li>Open the urine container.</li> <li>Open the towelette packages.</li> <li><b><u>FEMALE</u></b> <ul style="list-style-type: none"> <li>➤ Sit as far back on the toilet as possible.</li> <li>➤ Spread both legs apart.</li> <li>➤ Cleanse the genital area with the towelettes: <ul style="list-style-type: none"> <li>• Hold the outer edges of your labia apart.</li> <li>• With 1<sup>st</sup> towelette wipe from front to back.</li> <li>• With 2<sup>nd</sup> towelette wipe from front to back again.</li> </ul> </li> <li>➤ Continue to hold the labia apart until the urine sample is collected.</li> </ul> </li> <li><b><u>MALE</u></b> <ul style="list-style-type: none"> <li>➤ Pull the foreskin of the penis back (if applicable).</li> <li>➤ Cleanse the head of the penis with the towelettes: <ul style="list-style-type: none"> <li>• With 1<sup>st</sup> towelette wipe tip of the penis.</li> <li>• With 2<sup>nd</sup> towelette wipe tip of the penis again.</li> </ul> </li> <li>➤ Continue to hold the foreskin back until the urine sample is collected.</li> </ul> </li> <li>Begin voiding into the toilet. As you continue to urinate, hold the sterile container under the stream of urine and fill the container approximately <math>\frac{3}{4}</math> full.</li> <li>Pour approximately 30ml of your urine <b>into the container containing the cytology fixative</b>. <ul style="list-style-type: none"> <li>➤ Total volume of urine and cytology fixative should be approximately 60 ml.</li> </ul> </li> <li>Discard any remaining urine into the toilet.</li> <li>Tightly screw on the lid of the container. Gently shake the container to mix the cytology fixative and urine.</li> <li>Label your specimen container containing the fixative with the following: <ul style="list-style-type: none"> <li>➤ <b>Full first and last name.</b></li> <li>➤ <b>Personal Health Insurance Number or Unique Lifetime Identifier or Government Issued Identification number or Medical Record Number.</b></li> <li>➤ <b>Date and time of collection.</b></li> </ul> </li> </ol>



**Sample Delivery  
to Lab**

- Refrigerate the sample until delivered to the Lab.
- You can either return the samples to the Lab each day, or return them together at the end of the three days, within 24 hours of the third collection.

**Questions  
About Your  
Collection?**

Contact your local Laboratory.