

A large, thick orange circular graphic that is partially cut off at the top and bottom, framing the central text.

Urine Collection
Des Moines
Laboratory

Your physician has requested testing which requires the collection of a urine sample.

For Male Patients

1. Wash and dry your hands thoroughly.
2. Remove a towelette from foil packet.
3. Thoroughly clean the head of the penis.
4. Begin urinating into the toilet. While urination continues, bring the specimen container into the urine stream and fill it halfway.
5. Screw on the container cap. Be careful not to touch or contaminate the inside of the cap or container.
6. Be sure specimen container is labeled with your last name, first name and birth date.
7. Give the container to the laboratory personnel.

For Female Patients

1. Wash and dry your hands thoroughly.
2. Remove all towelettes from the foil packets.
3. With one hand, separate the folds of the urinary opening with your thumb and forefinger. Keep the folds separated while cleaning and until the specimen is collected.
4. Thoroughly clean the inside of the folds, passing the towelette from front to back.
5. Discard the towelette.
6. Repeat the front to back cleaning with two additional towelettes, discarding each after it is used.

7. Begin urinating into the toilet, keeping the urinary folds separated. While urination continues, bring the specimen container into the urine stream and fill it halfway.
8. Screw on the container cap. Be careful not to touch or contaminate the inside of the cap or container.
9. Be sure specimen container is labeled with your last name, first name and birth date.
10. Give the container to the laboratory personnel.

Specimens Collected at Home

If your specimen is collected at home, please follow your physician's instructions and deliver your specimen to your clinic or to a MercyOne Des Moines Laboratory Patient Service Center. If you need the location or hours of a MercyOne Patient Service Center near you, please call 515-247-4439.

It is very important you remember to label your specimen(s) with your first and last name, birth date and that you bring your physician's orders or a MercyOne Des Moines Laboratory test request with you.

The results of your test will be sent directly to your physician within two to three business days. If you have questions concerning your results, please contact your physician.

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**If you have questions concerning
where to deliver your specimen,
please call MercyOne Des Moines
Laboratory customer service at
515-247-4439**

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Des Moines Laboratory
1111 6th Avenue
Des Moines, IA 50314

[MercyOne.org/desmoineslab](https://www.mercyone.org/desmoineslab)