

Instruction card for taking a urine sample

To assist you as best as possible, the doctor would like to perform a urine test. To ensure the result is accurate, please follow the instructions below carefully:

- Wet the washcloth with tap water and use it to thoroughly clean your labia and vagina.
- Dispose of the used washcloth in the laundry basket (yellow bag).
- Urinate into the container provided. We strongly recommend collecting a midstream urine sample (start urinating, then collect the urine from the middle of the stream).
- Please make sure not to touch the inside of the container.
- Close the container carefully and place it in the plastic bag provided.

If you are unsure about anything, please ask the nurse or secretary for assistance.

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.