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| <p>Sistema Socio Sanitario</p>  <p>Regione Lombardia<br/>ASST Nord Milano</p> | <p><b>INFORMATION SHEET</b></p> <p><b>MORNING URINE</b></p> | <p>Rev.0</p>         | <p>Page 1 of 1</p> |
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## URINE TEST PREPARATION

Methods of urine collection for the following tests:

- CHEMICAL-PHYSICAL AND MICROSCOPIC URINE TEST
- MICROALBUMINURIA
- PREGNANCY TEST
- LIGHT CHAINS K/LAMBDA

Collect the urine obtained from the first urination of the morning, on an empty stomach, and before engaging in any physical activity.

- Wash thoroughly your hands with water and soap;
- wash thoroughly the genital area with running water:
  - in males: after fully retracting the foreskin.
  - for women: keeping the labia separated.
- Do not collect the first stream of urine;
- collect the midstream urine without touching the container to the skin of the genitals.

- BENICE JONES / URINE IMMUNOFIXATION

- In the morning upon waking, urinate to empty the bladder completely.
- After 2-3 hours, collect the urine from the second urination in a clean container (e.g., a paper cup); transfer a portion (10 mL) to a urine test tube.

## PATIENT PREPARATION:

- Avoid intense physical efforts before collecting the urine sample.
- Avoid excessive food intake.
- Avoid sexual intercourse in the 12 hours preceding the collection.
- Avoid collection during the menstrual period (if the patient is a woman of reproductive age).

The collection container is provided free of charge at the blood collection centre upon presentation of a medical prescription, or it can be purchased externally, such as at a pharmacy.

The result of the analysis and the consequent diagnostic evaluation depend on the correct collection of the urine.