



**BARRATT & SMITH**  
**PATHOLOGY**

*"We take it personally"*



**DOUGLASS  
HANLY MOIR**  
**PATHOLOGY**

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## **PATIENT INSTRUCTIONS - URINE CYTOLOGY**

### **NOTE:**

The first specimen of urine for the day is unsuitable for cytology.  
Any other sample is satisfactory after the following preparation:-

1. Empty your bladder into the toilet.
2. Drink 3 large glasses of water and wait one hour before collecting your urine.
3. Be as mobile as possible during this hour, as this helps the cells collect in the urine.
4. Collect the full flow of urine, i.e. completely empty your bladder into the container provided.
5. Return sample to pathology collection centre the same day the sample is collected. Please refrigerate until delivered. (If you have a problem returning same day please inform pathology collection centre).
6. Repeat this procedure for the following two consecutive days, unless informed otherwise.

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