



# 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 three large glasses of water and wait 1 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. Ensure the container is labelled with your surname, first name, date of birth, sex, time and date of collection.
6. Specimen should preferably be refrigerated after collection and returned to the collection centre as soon as possible. If you are unable to return the same day, please inform the pathology collection centre.
7. Repeat this procedure for two consecutive days, if possible.