



Collecting a Urine Sample

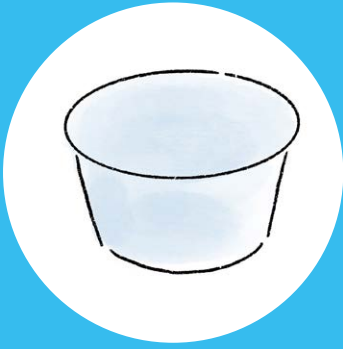
Urine is a waste product produced by the kidneys, testing urine can help to show if the kidneys are not working well. Testing a urine sample is usually the first stage in carrying out a general assessment.

Tips

- Make sure you do not touch the inside or top edge of the urine sample bottle – you may introduce bacteria which could contaminate the sample
- Only use the urine sample bottle provided – if you have not been given one, ask your GP surgery reception for one
- The bottle does not need to be completely full – usually a small sample is enough
- Collecting a urine sample from a child can be tricky, just do the best you can and ask for help if needed



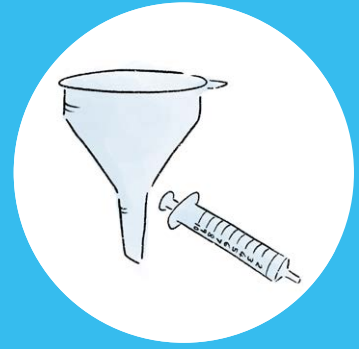
What you need:



Clean bowl



Sample pot



Funnel or syringe

What to do:



- 1 Wash the genital area with water and pat dry with a clean towel



- 2 Wash your hands with soap and water

Toilet trained



- 3 Ask your child to start weeing
- 4 Do not collect the first few drops – wait a second or two before starting to collect
- 5 Then use sample pot to catch their wee



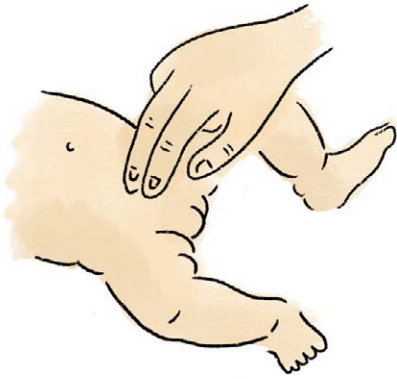
Potty trained



- 3 Ask your child to start weeing
- 4 Do not collect the first few drops – wait a second or two before starting to collect
- 5 Then move child to potty with the container to catch their wee



In nappies



- 3 Tap gently with a finger above pubic bone, this is the bone at the bottom of the abdomen above the genitals



- 4 Place child over clean potty until they have done a wee

When you have obtained a sample...



- 5 Pour the sample from the container into the urine sample bottle (using a funnel or syringe if needed)



- 6 Screw the lid on tightly and then hand into your GP surgery reception

When do we get the results?

The sample will be tested the same day using a testing strip.

Once the healthcare professional has dipped the testing strip into the urine sample, they wait a few seconds until the colours develop and then compare it with the colours on the bottle to get the results.

- If there is sugar in the urine sample, this might be an indicator that sugar levels in the blood are too high
- White cells (leukocytes) in the urine may indicate an infection along the urinary tract
- Nitrites are a waste product from the breakdown of certain bacteria, the presence of nitrites in the urine may indicate an infection along the urinary tract.



Occasionally, particularly if an infection is suspected, the sample may be sent off to the laboratory for testing. The laboratory will try to grow the bacteria in the sample to work out the particular type. This means that any antibiotics your child has will work specifically against the bacteria present.

