

Morning Urine Taking a Sample

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DIAGNOSTIK MVZ



When collecting the morning urine with the urine monovette, please follow the following procedure. This will help us to determine exact and unaltered results in the laboratory.

A. Is the test set complete?

Please check if all utensils are contained in the test set:

- 1 x Urine tube (monovette) with label and yellow tip**
- 1 x Transport tube**



B. Taking the morning urine sample

- a. For testing we need first morning urine. The last meal should be at least 8 hours before taking the urine sample.
- b. Please use mid-stream urine for the sample: put some of the urine in the toilet first; the following urine into the beaker. It should be filled about half. For the remaining urine use the toilet.
- c. Now take a tip and the yellow urine tube and screw of the front part of the yellow cap and add the tip.
- d. Put the yellow tip into the urine and take part of the urine from the beaker with this tube, by pulling the plunger to the stop. The urine tube should be completely filled.
- e. Now take of the yellow tip and carefully close the urine tube with the yellow cap again.
- f. Break of the plunger at the mark, so it does not protrude any longer.
- g. Put the urine tube into the outer tube and close it carefully.
- h. Please discard tip, plunger and urine beaker.

Thank you for your support
Your biovis team

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