

# Instructions for the Collection of Early Morning and First Catch Urine

## Pathology Patient Information

### **Early Morning Urine**

#### **Why the test is performed**

Early Morning Urine samples (EMU's) may be requested to determine pregnancy or for specific proteins (Bence Jones). If testing for Tuberculosis (TB), then three EMUs may be requested over three consecutive days.

#### **How to prepare for the test**

The EMU is literally the first urine that is passed after sleep. You will be provided with a suitable container (s) for the test. No specific cleaning needs to be undertaken beforehand. If you are a shift worker then please advise the nurse as you may be instructed differently in order to obtain the best result from your sample.

#### **How the test is performed**

To perform this test, you need to collect urine in the sample bottle provided. This must be the first urine you pass that day.

### **First Catch Urine**

#### **Why the test is performed**

First catch urine samples may be requested to test for Chlamydia.

#### **How to prepare for the test**

The first catch urine is the first amount of urine that is passed any time of the day. You will be provided with a suitable container(s) for the test. No specific cleaning needs to be undertaken beforehand.

#### **How the test is performed**

To perform this test, collect the first passing of urine into the container provided. About 20 - 30 mls of urine is needed for a test. You may then finish urinating into the toilet bowl.

#### **Storage**

If the specimen is not transported immediately to the laboratory then it should be kept in the refrigerator.

## Transporting the Specimen

- Once the specimen has been produced, please ensure that the screw top is safely secured to prevent leakage.
- Please make sure the specimen container is labelled with your name, date of birth and the date and time that the specimen was obtained.
- Place the specimen container within the individual transparent plastic bag provided (unless 24 hour urine) and seal the bag using the integral sealing strip.
- If you are producing more than one specimen, then please use a separate bag for each specimen produced.
- If you have been provided with the request form then please place this in the sleeve of the transparent plastic bag. A further non-transparent bag may be provided to ensure that the specimen(s) may be transported in a discreet way.
- Bring to the hospital as near to the time that the specimen was obtained keeping the specimen upright if possible.

- If there is a leakage in transit, then on arrival to the hospital, let the member of staff know that the specimen has leaked. The member of staff will dispose of the specimen appropriately. Whilst this is very rare, leaking samples cannot be tested safely, so you will be required to produce another sample.

## Returning the specimen

- Please return the sample to The Outpatients Department (OPD) as near to the production time as possible.
- Outpatients Department opening times are:  
8.30am to 9.00pm  
Monday – Friday  
8.30am to 3.00pm Saturdays.  
Closed Sundays and bank holidays.

## Patient Confidentiality

In order to maintain patient confidentiality, The Pathology Laboratory cannot issue results directly to patients or to their relatives, either in person, by telephone or via email. Patients must obtain their results directly from their consultant.

**Call: 020 8936 1201 (Outpatients Appointments)**

**Call: 020 8505 3311 (Main Switchboard)**

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