



# URIINIPROOVI VÕTMINE

Patsiendi meelespea



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## KESKJOAURIINI KOGUMINE

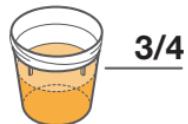
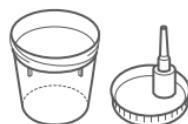
Proovi võtmisel tuleb arvestada:

- Kasutage proovivõtmiseks spetsiaalset proovitopsi ja vaakumkatsuteid. Neid saate küsida laborist või arsti käest.
- **Käepäraste (koduste) proovinõude kasutamine ei ole lubatud.**
- Ärge katsuge proovitopsi seest ega pange sinna kõrvalisi esemeid.
- Urineerige otse proovitopsi. **Uriini ümbervalamine ühest nõust teise ei ole lubatud.**
- Uriini analüüsiks võtke hommikune ärkamise järgne uriin.
- Enne uriiniproovi võtmist ärge sööge ja jooge 10-14 tundi. Vajadusel võite selle aja jooksul juua kuni 1 klaasi puast maitsestamata gaasita vett.
- **Proovivõtu eelselt peab eelmisest urineerimisest möödas olema vähemalt 4-6 tundi.**
- Kui naistel esineb tupevoolust või menstruaalvere eritust, tuleb kasutada tamponi.



## Proovi võtmise protseduur:

1. Peske enne uriiniproovi võtmist oma käed ja välissuguelundid sooga voolava veega. Ärge kasutage pesemisvahendeid (seipi, nuustikut jmt). Oluline on puhtaks pesta kusiti välissuue. Selleks tuleb naistel häbememokad sõrmedega laiali lükata, meestel eesnahk tagasi tömmata.
2. Kuivatage välissuguelundid kergelt paberkäterätikuga.
3. Jälgige, et kusiti välissuue jäääks proovivõtmiseks paljastatuks.
4. Eemaldage keerates proovitopsilt kaas ja asetage see sisepinda puudutamata kleebis allpool enda käeulatusse. **NB! Ärge eemaldage proovitopsi kaanelt kleebist!**
5. Proovi võtmiseks alustage urineerimist WC potti. Mõne milliliitri urineerimise järgselt koguge uriin uriinijuga katkestamata proovitopsi. Täitke umbes kolmveerand proovitopsist. Lõpetage urineerimine WC potti.
6. Peale uriiniproovi võtmist sulgege proovitops korralikult kaanega.
7. Kandke uriin proovitopsist katsuti(te)sse 15 minuti jooksul peale proovi võtmist.  
**NB! Ärge eemaldage katsutitelt korke!**  
Kui on vaja kasutada erinevaid katsuteid, siis täitke esmalt rohelise korgiga katsuti, seejärel beeži korgiga katsuti.



## Uriini kandmiseks katsutisse:

- Eemaldage topsi kaanelt kaitsekleebis, kuid ärge visake seda ära, nähtavale ilmub avaus, milles on kummiga kae-tud nõel.
- Suruge uriinikatsuti korgiosaga uriini-topsi kaanes oleva avause põhja nii, et nõel läbib korgi.
- Hoidke katsutit paigal kuni uriinivool katsutisse lakkab.
- Eemaldage katsuti avausest ja vaja-dusel täitke ka teine katsuti.
- Keerake rahuliku liigutusega katsuti(te) põhi 8-10 korda ülespidi ja tagasi, et katsutis olev säilitusaine lahustuks.
- Sulgege proovitopsi avaus uuesti kleebisega.

**8.** Kirjutage katsuti(te)le oma nimi või kleepige vertikaalselt ülevalt alla võimalikult otse ja siledalt ribakood ning lisage proovi-võtmise kuupäev ja kellaaeg.

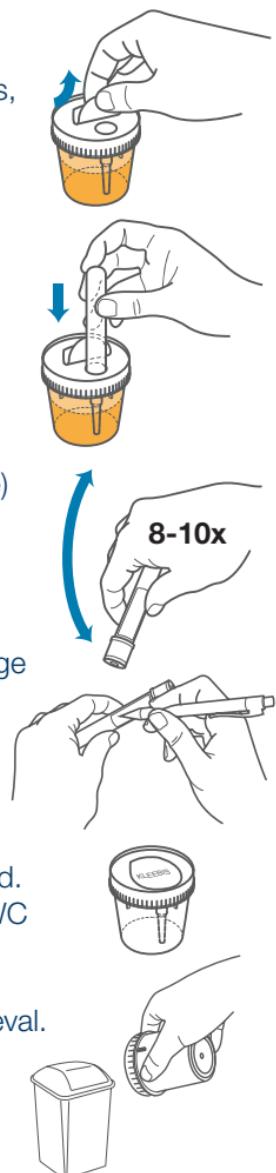
**9.** Kasutatud proovitops:

- a. Kontrollige, et proovitopsi kaanel olev avaus on korralikult kleebisega suletud.
- b. Valage ülejää nuduriin proovitopsist WC potti.
- c. Visake tops olmeprügisse.

**10.** Viige proov(id) laborisse/arstile samal päeval.

## Säilitamine:

Hoidke proove laborisse/arstile viimiseni külmkapi temperatuuril (+2...+8°C juures).



## ESMASJOAURIINI KOGUMINE

Proovi võtmisel tuleb arvestada:

- Kasutage proovivõtmiseks spetsiaalset proovitopsi ja vaakumkatsuteid. Neid saate küsida laborist või arsti käest.
- **Käepäraste (koduste) proovinõude kasutamine ei ole lubatud.**
- Ärge katsuge proovitopsi seest ega pange sinna kõrvalisi esemeid.
- Urineerige otse proovitopsi. **Uriini ümbervalamine ühest nõust teise ei ole lubatud.**
- **Uriini analüüsiks võtke hommikune ärkamise järgne uriin.**
- Enne uriiniproovi võtmist ärge sööge ega jooge 10-14 tundi. Vajadusel võite selle aja jooksul juua kuni ühe klaas puhast maitsestamata gaasita vett.
- **Proovivõtu eelselt peab eelmisest urineerimisest möödas olema vähemalt 4-6 tundi.**
- Enne urineerimist on soovitav suguelundit kergelt masseerida, see kindlustab uuringuks vajaliku materjali sattumise analüüsile.
- Kui naistel esineb tupevoolust või menstruaalvere eritust, tuleb kasutada tamponi.



10-14 h

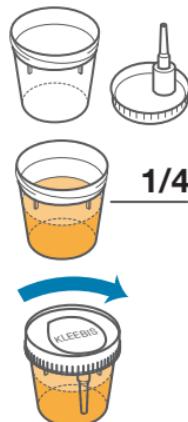


4-6 h



## Proovi võtmise protseduur:

1. Peske enne uriiniproovi võtmist oma käed seebi ja veega.
2. Eemaldage keerates proovitopsilt kaas ja asetage see sisepinda puudutamata kleebis allpool enda käeulatusse **NB! Ärge eemaldage proovitopsi kaanelt kleebist!**
3. Proovi võtmiseks alustage uriini kogumist koheselt proovitopsi, **analüüsimeks on vajalik esimesed 10-20 mL uriini** ehk täitke umbes  $\frac{1}{4}$  proovitopsist. Lõpetage urineerimine WC potti.
4. Peale uriiniproovi võtmist sulgege proovitops korralikult kaanega.
5. Kandke uriin proovitopsist katsutisse 15 minuti jooksul peale proovi võtmist.  
**NB! Ärge eemaldage katsutilt korki!**

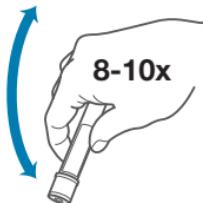


### Uriini kandmiseks katsutisse:

- Eemaldage topsi kaanelt kaitsekleebis, kuid ärge visake seda ära, nähtavale ilmub avaus, milles on kummiga kaetud nõel.
- Suruge uriinikatsuti korgiosaga uriintopsi kaanes oleva avause põhja nii, et nõel läbib korgi.
- Hoidke katsutit paigal kuni uriinivool katsutisse lakkab.



- Eemaldage katsuti avausest ja vajadusel täitke ka teine katsuti.
- Keerake rahuliku liigutusega katsuti(te) põhi 8-10 korda ülespidi ja tagasi, et katsutis olev säilitusaine lahustuks.
- Sulgege proovitopsi avaus uuesti kleebisega.



**6.** Kirjutage katsuti(te)le oma nimi või kleepige vertikaalselt ülevalt alla võimalikult otse ja siledalt ribakood ning lisage proovivõtmise kuupäev ja kellaeg.

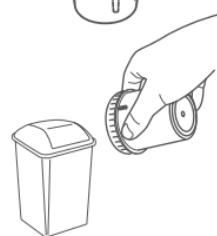


**7.** Kasutatud proovitops:

- a. Kontrollige, et proovitopsi kaanel olev avaus on korralikult kleebisega suletud.
- b. Valage ülejää nuduriin proovitopsis WC potti.
- c. Visake tops olmeprügisse.



**8.** Viige proov(id) laborisse/arstile samal päeval.



### Säilitamine:

Hoidke proove laborisse/arstile viimiseni külmkapi temperatuuril (+2...+8°C juures).

point.

Keep the sample at a refrigerated temperature ( $+2\ldots+8^{\circ}\text{C}$ ) until they are taken to the sampling point.

#### Storage:

same day.

8. Take the sample(s) to the sampling point on the same day.

- Throw the cup in the household waste.

into the toilet.

• Pour the remaining urine from the sample cup sample cup is properly sealed with a sticker.

• Check that the opening on the lid of the sample cup is properly sealed with a sticker.

#### 7. Used sample cup:

of sampling.

bottom as directly and smoothly as possible and add the date and time

the bar code vertically from top to the

bottom of the sample cup opening again

6. Write your name on the tube(s) or stick with the sticker.

• Then close the sample cup opening again

the preservative in the tube.

tube(s) up and down 8-10 times to dissolve

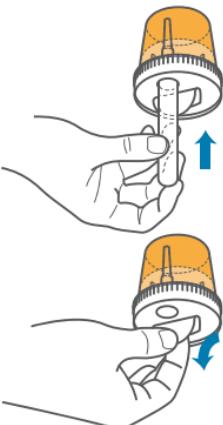
Gently invert the bottom of the vacuum

if necessary, fill another test tube as well.

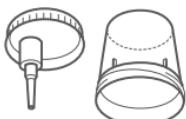
• Remove the test tube from the opening and,

**8-10x**





1. Before collecting the urine sample, wash your hands with soap and water.
2. Remove the lid from the sample cup by twisting it and place it within reach with the sticker below the inner surface. **PLEASE NOTE! Do not** twist the sticker below the lid of the sample cup.
3. To collect the sample, start collecting urine into 20ML of urine is necessary for the test. The first 10-1/4 of the sample cup right from the start. Finish your urination into 1/4 of the sample cup. Close the lid of the sample cup.
4. After collecting the urine sample, close the sample cup properly with the lid.
5. Transfer the urine from sample cup to the test tube within 15 minutes after collecting the sample. **PLEASE NOTE! Do not remove the sample. PLEASE NOTE! Do not remove the lids from the tubes!**



To transfer urine into the test tube:

- Remove the protective sticker from the cap of the lid part of the urine collection cup, but do not throw it away. An opening with a rubber-coated needle will become visible.
- Push the lid part of the urine test tube into the urine bottom of the opening in the lid of the urine cup so that the needle passes through the lid of the test tube.
- Hold the lid in place until the flow of urine into the tube stops.

## Sampling procedure:

bleeding, a tampon should be used.

- If a woman experiences vaginal discharge or menstrual bleeding, a tampon should be used.
- On to the urine sample.
- It is recommended to massage the genitalia gently before urinating as this ensures that material necessary for the test will be passed on to the urine sample.



- At least 4 to 6 hours must have passed since the previous urination, when you collect the urine sample.

- Can drink one glass of clean, unflavoured water during this time.
- Do not eat or drink for 10-14 hours before collecting the urine sample. If necessary, you can drink one glass of clean, unflavoured water during this time.
- Collect the first morning urine for the test.

- Urine from one container into another is not allowed.
- Urinate directly into the sample cup. Pouring urine from any foreign objects into it.
- Do not touch the inside of the sample cup or insert any foreign objects into it.
- Is not permitted.
- The use of handy (home) test containers is not permitted.



- Use a special sample cup and vacuum tubes for sampling. You can ask for them at the sampling point or buy them at the pharmacy.

When collecting the sample, the following must be considered:

## FIRST MORNING URINE SAMPLE

**Storage:** Keep the samples at refrigerated temperature (+2...+8°C) until they are taken to the sampling point.

on the same day.

**10. Take the sample(s) to the sampling point**

- Throw the cup in the household waste.
- Pour the remaining urine from the sample cup into the toilet.
- Check that the opening on the lid of the used sample cup is properly sealed with a sticker.

#### 9. Used sample cups:

8. Write your name on the tube(s) or stick the bar code vertically from top to bottom as directly and smoothly as possible and add the date and time of sampling.

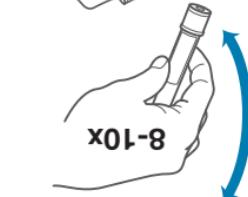
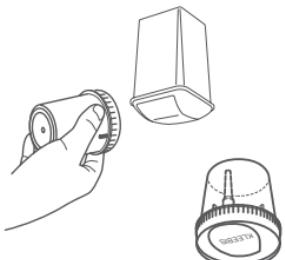
- Then close the sample cup opening again with the sticker.
- Gently invert the bottom of the vacuum tubes(s) up and down 8-10 times to dissolve the preservative in the tube.

9. Remove the test tube from the opening and, if necessary, fill another test tube as well, into the tube stops.

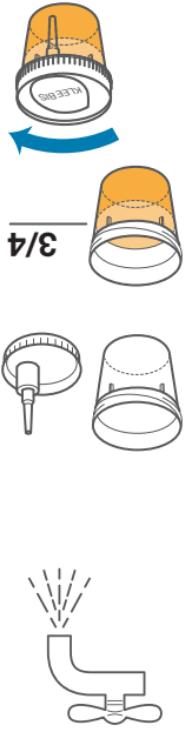
- Hold the tube in place until the flow of urine into the lid of the test tube.
- Push the lid part of the urine test tube into the urine cup so that the needle passes through the bottom of the opening in the lid of the urine cup.

10. Remove the protective sticker from the cap of the urine collection cup, but do not throw it away. An opening with a rubber-coated needle will become visible.

- To transfer the urine into the test tube:



## Sampling procedure:

1. Before collecting the urine sample, wash your hands and external genitalia with warm running water. Do not use detergents (soap, sponge, etc.). It is important to clean the outer opening of the urethra. In order to do this, women have to spread the labia with their fingers, men have to pull back their foreskin.
  2. Dry the external genitalia lightly with a paper towel.
  3. Make sure that the outer opening of the urethra remains exposed for the time of sampling.
  4. Remove the lid from the sample cup by twisting it and place it within the reach with the sticker below the inner surface. Please note: Do not remove the sticker from the lid of the sample cup.
  5. To collect the sample, start urinating into the toilet. After urinating a few milliliters, direct all the stream of urine into the sample cup without interrupting the urine. Fill about three quarters of the test cup. Finish your urination into the toilet.
  6. After collecting the urine sample, close the sample cup properly with the lid.
  7. Transfer the urine from the sample cup to the test cup properly with the lid.
- Please note: Do not remove the lids from the tubes! If it is necessary to use different tubes, first fill the tube with the green lid, then the tube with the beige lid.
- 



- Use a special sample cup and vacuum tubes for sampling. You can ask for them at the sampling point or buy them at the pharmacy.
- The use of handy (home) test containers is not permitted.
- Do not touch the inside of the sample cup or insert any foreign objects into it.
- Urinate directly into the sample cup. Pouring urine from one container into another is not allowed.
- Collect the first morning urine for the test.
- Do not eat or drink for 10-14 hours before collecting the urine sample. If necessary, you can drink one glass of clean, unfavoured water during this time.
- At least 4 to 6 hours must have passed since the previous urination, when you collect the urine sample.
- If a woman experiences vaginal discharge or menstrual bleeding, a tampon should be used.



When collecting the sample, the following must be considered:

## MIDSTREAM URINE SAMPLE

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Patient's guide

# SAMPLE TAKING URINE

SYNLAB