



Specimen Collection

Fasting for laboratory examination

- ❖ No drinking and eating for eight to twelve hours prior to examination.

24 Hour Urine Collection

- ❖ Please obtain a 24 hour urine container from our centre.
- ❖ Please instruct the patient to discard the initial urine specimen, and save all the urine voided during the next 24 hours in the container provided.
- ❖ It is best to refrigerate the specimen during the collection period, or, in the absence of fridge space, store in an air-conditioned room. Avoid direct sunlight.
- ❖ Please collect the last urine at the end of the 24 hour period and save it in the container.
- ❖ Patients are encouraged to drink fluids during the 24 hours unless medically contraindicated.
- ❖ Please note down the start of the 24 hour period and the collection time of the last specimen on our request form. Submit the specimen to our centre as soon as possible.

Urine (Early Morning Urine) Collection

- ❖ Please obtain an early morning urine container from our centre.
- ❖ Please collect the maximum amount of early morning urine (The first urine after a night's rest) with the container provided to as much as one container full and submit it to our centre as soon as possible.

Urine (Mid- Stream Urine) Collection

- ❖ Please obtain a sterile container from our centre.
- ❖ Clean the urethral opening and genital area with a wet tissue. Keep foreskin retracted (Male) or labia apart (Female).
- ❖ Pass urine for 2 seconds then collect the mid stream portion of the urine with the sterile container until half full.
- ❖ Tightly close the urine container and immediately submit the specimen to our centre.
- ❖ Culture specimens if cannot be submitted immediately would be best placed in the refrigerator to prevent bacterial growth.



Specimen Collection

Semen Collection

- ❖ Obtain a sterile container from our centre.
- ❖ Seminal fluid is collected following a sexual abstinence of at least 3 days and on longer than 5 days.
- ❖ Specimen should be collected by masturbation or sexual intercourse. Directly inject it into the sterile container, lid properly covered and tightly closed.
- ❖ Record the time of collection on the container label and submit the specimen to our centre as soon as possible. Please also refer to “Notes for Semen Analysis”.

Notes for Semen Analysis

- ❖ Specimen should be submitted directly to our Main Laboratory in Hong Kong Health Check within 1 hour of collection and kept warm during transport.
- ❖ For Fertility Testing, 2 or 3 samples are usually tested at 2-week intervals with 2 abnormal samples considered significant.

Pap Smear Test

- ❖ Avoid intravaginal drugs for one week prior to examination.
- ❖ Avoid douching and sexual intercourse for one day prior to examination.
- ❖ It should not be done during menstrual period.
- ❖ Dress yourself in casual clothing.

Sputum Collection

- ❖ Early morning sputum is preferred. However, specimens at other time are also acceptable.
- ❖ Instruct the patient to rinse his / her mouth with water before specimen collection. Do not use any antiseptic mouthwash.
- ❖ Ask the patient to take several deep breaths and cough sputum (not saliva) directly into the sterile container provided and submit the specimen to our centre as soon as possible.