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## **Urine Specimen Instructions**

You will need to bring a urine specimen in with you for your first appointment. All supplies that you need are included in this package. Please follow the instructions below to obtain your urine specimen.

1. Wash your hands with soap and water.
2. **Write your name on the specimen cup provided for you.**
3. Spread your labia apart with one hand for collection
4. Wash the area with a wash cloth. Make sure you wipe from front to back.
5. Start your stream of urine for a few seconds and then stop.
6. Restart your stream of urine and collect the urine in the specimen cup.
7. Place the lid back on the cup. Please do not touch the inside of the container.
8. Place the specimen in the CPL bag provided for you and bring it in the brown envelope along with your new patient forms for your appointment.
9. If you collect the specimen the night before your appointment please place the specimen in the refrigerator overnight.
10. **Please come to the office for your appointment with a comfortably full bladder. Depending on the reason for your visit, we may perform an evaluation of your bladder function at your initial visit.**

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