Collecting a urine sample: information for families

Urine is a waste product produced by the kidneys, so testing it can show if the kidneys are not working well. Testing a urine sample is usually the first stage in carrying out a general assessment, before blood tests are needed. This information sheet from Great Ormond Street Hospital (GOSH) explains how to collect a clean urine sample for testing. An Easy Read information sheet is included for your child.

Make sure you do not touch the inside of the urine sample bottle or test tube or the top edge – you may introduce bacteria which could contaminate the sample.

Only use the urine sample bottle or test tube provided – if you have not been given one, ask at your family doctor (GP) surgery.

The bottle or test tube does not need to be completely full – usually a small sample is enough for testing.

Collecting a sample from children and young people who are potty or toilet trained

You will need:
- Clean container or foil bowl
- Urine sample bottle or test tube as provided
- Clean funnel or oral syringe (if required)

What to do:
1. Wash the genital area with water and pat dry with a clean towel
2. Wash your hands with soap and water
3. Ask your child to start weeing and then use the container to catch their wee
4. Do not collect the first few drops – wait a second or two before starting to collect
5. Pour the sample from the container into the urine sample bottle (using a funnel or syringe if needed)
6. Screw the lid on tightly and put in the biological hazard bag you have been given then give to your doctor

Collecting a sample from babies and children in nappies or pads using cotton wool or gauze

You will need:
- Cotton wool or gauze
- Syringe
- Urine sample bottle or test tube as provided

What to do:
1. Wash the genital area with water and pat dry with a clean towel
2. Wash your hands with soap and water
3. Put a thick layer of cotton wool or gauze inside your child’s nappy
4. Wait 10 minutes and check whether it is wet
5. If it is wet, use the syringe provided to draw up the urine to put in the urine sample bottle or test tube.
6. Screw the lid on tightly and put in the biological hazard bag you have been given then give to your doctor
7. If it not wet, replace the nappy and wait another 10 minutes before checking. Replace the pad every 30 minutes to avoid contamination.

**Using a urine collection bag**

**You will need:**
- Urine collection bags
- Urine sample bottle or test tube as provided

**What to do:**
1. Wash the genital area and pat dry with a clean towel
2. Wash your hands with soap and water
3. Attach the bag around your child’s genitals using the sticky strip
4. Check the bag regularly and remove when your child has weed.
5. Cut the corner off the bag and pour urine into the urine sample bottle or test tube.
6. Screw the lid on tightly and put in the biological hazard bag you have been given then give to your doctor or nurse.

**When do we get the results?**

Quite often, the doctor or nurse will test the urine straightaway using a testing strip. This contains chemicals that react with the urine.

- If there is protein in the urine sample, the kidneys may not be filtering it out well.
- If there is sugar in the urine sample, this might be an indicator that sugar levels in the blood are too high.
- If your child has a urine infection, the bacteria may be present in the urine sample.

Once the doctor or nurse has dipped the strip into the urine sample, they wait a few seconds until the colours develop and then compare it with the colours on the bottle to get the results.

Occasionally, particularly if an infection has been identified, the doctor or nurse may send the sample off to the laboratory for testing. The laboratory will grow the bacteria in the sample to try to work out the particular type. This means that any antibiotic your child has will work specifically against the bacteria present.

**Further information and support**

If you have any questions, ask the doctor or nurse requesting the sample.

**Giving a wee sample**

<table>
<thead>
<tr>
<th>![Urine sample bottle]</th>
<th>![Doctor with clipboard]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your doctor can find out a lot about you by checking your wee. They may ask you to give a sample for testing.</td>
<td></td>
</tr>
<tr>
<td>This is what you do to give a wee sample.</td>
<td></td>
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</tbody>
</table>

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<table>
<thead>
<tr>
<th>Images</th>
<th>Text</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Image" /></td>
<td>Girls should wash between their legs.</td>
</tr>
<tr>
<td><img src="image" alt="Image" /></td>
<td>Boys should wash their penis thoroughly including under the foreskin.</td>
</tr>
<tr>
<td><img src="image" alt="Image" /></td>
<td>Do not use soap or wipes - just water.</td>
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<tr>
<td><img src="image" alt="Image" /></td>
<td>Next you should wash your hands with soap and water.</td>
</tr>
<tr>
<td><img src="image" alt="Image" /></td>
<td>Get a bowl and make sure it is really clean. You can use a foil or cardboard bowl if you have one.</td>
</tr>
<tr>
<td><img src="image" alt="Image" /></td>
<td>Let a little bit of wee out first then hold the bowl and wee into it. You can sit on it as you do usually. Boys can stand up to wee in the bowl.</td>
</tr>
<tr>
<td><img src="image" alt="Image" /></td>
<td>Pour your wee from the bowl into the sample bottle or test tube.</td>
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<tr>
<td><img src="image" alt="Image" /></td>
<td>You might need to use a funnel.</td>
</tr>
<tr>
<td><img src="image" alt="Image" /></td>
<td>Screw the lid on the bottle tightly.</td>
</tr>
<tr>
<td><img src="image" alt="Image" /></td>
<td>Flush the rest of the wee down the toilet.</td>
</tr>
</tbody>
</table>
Give the sample to your doctor.

Wash the bowl in hot soapy water. If you use a foil or cardboard bowl you can throw it away in the bin.

Please ask us if you have any questions.