

ZVD d.o.o.  
Laboratorij za klinično kemijo in hematologijo

## **NAVODILO ZA ZBIRANJE SREDNJEGA CURKA URINA**

1. Pred oddajo urina is umijte roke.
2. Prvi curek urina spustite v stranišče.
3. Brez prekinitve zberite **približno 50 ml urina** v lonček.
4. Preostanek urinirajte v stranišče.
5. Urinski lonček zaprite in oddajte na pladenj v predprostoru.
6. Umijte si roke z milom.

Med **menstruacijo** se urina ne oddaja. Oddate ga lahko **3 dni ali več** od zadnjega dneva menstruacije.

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## **INSTRUCTIONS FOR URINE SAMPLE COLLECTION**

1. Wash your hands before the collection.
2. Pass the first part of urine stream into the toilet.
3. Catch midstream specimen into the container without interrupting urination. Collect **approx. 50 ml of urine**.
4. Finish urinating into the toilet.
5. Screw the lid of the container and place it on the tray outside.
6. Wash your hands with soap.

Urine sample can not be collected during your **menstrual cycle**. You can come back **3 days or more** after the last day of period.

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