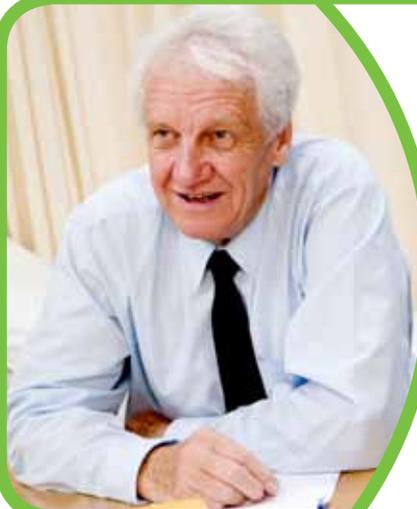




# Urine sample

At your health clinic



The doctor or nurse has asked you for a urine sample.  
This is to check if you are well.



When you go to the toilet, pee in a clean container.



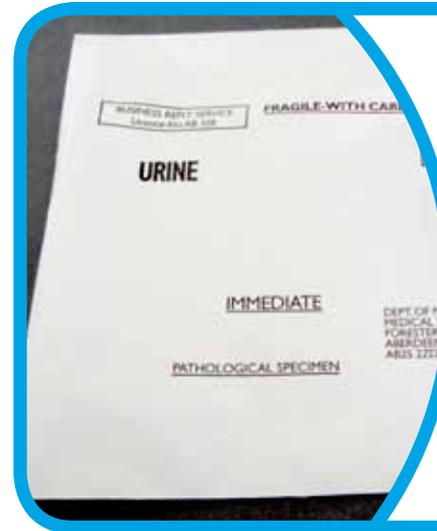
You will get a bottle from the doctor or nurse to put your urine in.



Put the urine into the bottle you got from the doctor.



Take this to your doctor or nurse. They will test it to see if it is okay.



The doctor or nurse may give you a pack to send away your urine sample.



It will look like this.



It will have a special  
bottle.  
Put your urine into  
the bottle.



Fill in the form.  
Get someone to  
help you.



Write the date and  
time of when the  
sample was taken.  
Get someone to  
help you.



Put the bottle in  
the holder.



Put the form around the holder.



Pull off the plastic strip.



Put these into the bag.



Close the bag.



Take the bag to your doctors.



The doctor will let you know in a few days if it was okay.



Or you can post it.

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Ask for publication CGD 100485

Produced by Equally Well Team,  
NHS Grampian, 2010.

Kind thanks to Portsoy Medical Practice.