



Client Health Education Resource

Taking a Urostomy Urine Specimen for Culture & Susceptibility (C&S)

The lab needs a clean-as-possible urine specimen to ensure that the C&S test is accurate. **The specimen needs to be taken directly from the stoma, not from the pouch** as urine sitting in the pouch contains bacteria. The following steps will guide you in collecting the specimen.

Supplies & Equipment

- ✓ Towel.
- ✓ No-rinse hand cleansing gel or hand-soap for washing your hands.
- ✓ Clean wash cloths or dry wipes (do not use wet wipes such as hand-sanitizing/ antimicrobial wipes).
- ✓ Warm potable tap water (potable water is water that you can drink).
- ✓ Sterile specimen container with a lid, a client label and a specimen bag (provided by the lab or Physician/NP office).
- ✓ New urostomy pouching system.
- ✓ Water bottle/cup of water.
- ✓ Lab requisition.

Set up:

- Drink a cup/250ml of fluid unless you are on a fluid restriction. Drinking fluids will help the kidneys to produce urine. If you are on a fluid restriction, drink a small amount to fluid.
- Gather all your supplies and set them out on a flat clean surface.
- Sit in a comfortable position as the procedure may take 20-30 minutes.
- Ensure your supplies are within easy reach.
- Place the towel underneath your stoma to protect your clothes.

Cleanse the stoma:

- Cleanse your hands with hand soap or no-rinse hand cleansing gel.
- Remove the entire pouching system. The entire pouching system must be removed to ensure that the collection of urine is as clean as possible.
- Cleanse the stoma with a cloth/wipe and warm water.
- Cleanse the area around the stoma with the second cloth/wipe and warm water. Start at the edge of stoma and circle out to roughly 10cm (4inches) around the stoma.



Take the urine specimen:

- Cleanse hands again; aim to cleanse for 30 seconds.
- Remove the lid from the specimen container and place the lid, with the rim pointing up, on a clean surface. This will keep the rim of the lid as clean as possible.
- Hold a cloth/wipe underneath the stoma and catch the first few drops of urine. It may take 5-15 minutes for the urine to start flowing. If it takes longer than 10 minutes, drink another cup (250mL) of fluid and/or try standing and/or try coughing.
- Once you have the first few drops of urine, remove the cloth/wipe.
- Taking care that the rim of the specimen container does not touch the peristomal skin, place the container underneath the stoma.
- Collect at least 5 mL (a teaspoon) of urine. You may need to lean over a bit to have the drops of urine go into the container.
 - For the test to be done correctly, the lab needs at least 5 mL of urine.
- Put the lid back on the container and twist the lid to close it securely.
- Pat dry the stoma and the peristomal skin if needed.
- Apply a new pouching system.

Take the urine specimen to the lab:

- Write your name on the label.
- Add the label to the specimen container and put the container into the specimen bag.
- **On the lab requisition, write that the urine sample is from a urostomy and the date/time the specimen was done.**
- Take the specimen to the lab.
- If the specimen cannot be taken to the lab within one hour, then refrigerate the container. Take the specimen to the lab within 24 hours of collecting the urine. Note: you must keep the urine container between 2 to 8° C (degrees Celsius) when taking it to the lab.