

Urine Collection Instructions

- Wash hands before and after collection
- **DO NOT** urinate (pee) for at least one (1) hour before collecting your urine sample
- **DO NOT** cleanse the genital area before collecting the urine sample
- **DO NOT** touch the rim or inside the collection container
- **DO NOT** fill to more than 30ml (less than half the cup). Do not pour off if you over fill.
- Close the lid tightly, make sure your name is on the cup and place it back into the blue bag
- Return sample to the lab regardless of amount collected

Your results

Your results will be available in about 2-4 days. Your primary care provider will alert you via the Patient Portal of your results. You can access the Patient Portal on secure.health.columbia.edu.

If you do not have access to the Portal, you may follow up by calling the office directly in one week at 212-854-7426.