

Your doctor has requested a urine specimen to test for Chlamydia and/or Neisseria gonorrhoeae (GC). In order to produce a meaningful laboratory test result, you must follow these instructions exactly.

1. **Do not** urinate for 1 hour before collecting the urine specimen.
2. The container provided by the laboratory has the 30 mL level marked on it. Collect the **first 30 mL** of urine passed. **Note:** It is important to collect the first part of the stream. A mid-stream urine is unacceptable.
3. More than 60 mls of urine will reduce the sensitivity of the test. However, if you have gone over the line, do not pour off any excess.
4. Refrigerate and bring the container to the laboratory the same day the collection is completed.