

Outpatient Lab Services Four Walk-in Locations

Bring your doctor's order
to any of the following
walk-in locations:



MAIN CAMPUS:

101 Dates Drive
Ithaca, New York 14850
(607) 274-4474
(607) 252-3320 fax
Open Monday-Friday 7:00 a.m. to 5:30 p.m.
Saturday 7:00 a.m. to 2:00 p.m.

EAST CAMPUS:

10 Arrowwood Drive
Ithaca, New York 14850
(607) 252-3725
(607) 274-4691 fax
Open Monday-Friday 7:00 a.m. to 5:00 p.m.
Saturday 7:00 a.m. to 11:30 a.m.

CORTLAND CAMPUS:

1129 Commons Avenue
Cortland, New York 13045
(607) 218-6201
(607) 218-6202 fax
Open Monday-Friday 7:00 a.m. to 3:00 p.m.
Closed for lunch 12:30 p.m. to 1:00 p.m.

DRYDEN:

Dryden Family Medicine
5 Evergreen Street
Dryden, New York 13053
(607) 844-3830
(607) 252-3972 fax
Open Monday-Friday 8:30 a.m. to 4:30 p.m.
Closed for lunch 12:30 p.m. to 1:00 p.m.

For more information:

Please call our locations listed above or
visit us online at cayugamed.org.



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Urine Collection



LABORATORY SERVICES



A Member of Cayuga Health System

Urine Collection

What is the test?

A routine urinalysis is used in the diagnosis of kidney infection, urinary tract infection, and diabetes.

How do I prepare?

There is no special preparation for a routine urinalysis.

How is the test done?

Your healthcare provider will give you a urine collection kit to use in collecting your urine specimen. Please read the following instructions carefully.



- Wash hands thoroughly with soap and water.
- Open the urine collection kit and remove the cup and towelettes.
- Unscrew the cap of the cup. Place the cup on the counter with the “straw” facing upward.

To avoid contamination, do not touch the inside of the cup, cap, or straw. Also a word of warning; there is a sharp needle located under the cap label. Do not remove the label from the cap.

- Cleanse yourself with the towelettes as follows:

Men

Wipe the head of the penis in a single motion with one towelette. Repeat this with the remaining towelette. If you are not circumcised, hold the foreskin back before cleansing. Urinate a small amount into the toilet or bedpan. Then place the cup under the stream of urine and continue to urinate into the cup to collect the specimen. Finish voiding into the toilet or bedpan. Replace the cap on the cup and tighten the cap securely.

Women

Separate the labia. Wipe the inner labial folds moving from the front to the back in a single motion, using one towelette. With the second towelette wipe through the center of the labial folds. Keep the labia separated and urinate a small amount into the toilet or bedpan. Place the cup under the stream and continue to urinate into the cup to collect the specimen. Finish voiding into the toilet or bedpan. Replace the cap on the cup and tighten the cap securely.

- Wash your hands thoroughly with soap and water.
- Deliver your specimen to your healthcare provider immediately.

How and when will I get my test results?

Test results from a routine urinalysis are typically available within one day. The test results will be sent to your doctor, who will share them with you.

If you have any questions regarding lab testing, you can reach the Cayuga Medical Center Laboratory at **(607) 274-4474**.