

## URINE physical-chemical exam

A capped container (which can either be collected at CUP or bought in any pharmacy) is needed.



Wash the external genitalia with water and soap, rinsing very accurately in order not to leave traces of soap.



Collect the urine sample in the morning, after having discarded the first spurt.

Close the container carefully.

*It is recommended for women to wait at least three days after the end of the menstrual cycle.*

Translation by Davide Campari