

## SCHISTOSOMIASIS URINE SPECIMEN PATIENT INFORMATION SHEET

**It is important to follow these instructions carefully to ensure your test results are accurate.**

Three specimens need to be collected on three separate days.

- a) Collect urine specimen in the middle of the day (between noon and 3.00 pm) into a 600 mL bottle. **Prior to the collection drink a large volume of fluid & then complete 10 minutes vigorous exercise eg running or jumping up & down, or running up & down stairs.**
- b) The entire urine void at this time needs to be collected in the provided container.
- c) Write your **name**, and **date and time of collection** on the specimen container.
- d) Place specimen-container in specimen bag with copy of request form.
- e) Drop off the specimen at your nearest available lab as soon as possible.

*Your results can only be obtained from the requesting doctor*

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If you have any problems, please contact one of the following:

Waikato  
07 858 0799

Bay of Plenty  
07 578 7073

Whakatane  
07 306 0906

Rotorua  
07 348 2106

Taupo  
07 376 5103  
07 376 1045