

Chapter 26

Collecting Specimens

Lesson 26.1

- Define the key terms and key abbreviations in this chapter.
- Explain why specimens are collected.
- Explain the rules for collecting specimens.
- Describe 3 types of urine specimens.
- Describe 5 urine tests.

Lesson 26.1 (Cont.)

- Explain how to use reagent strips.
- Describe how to collect a stool specimen.
- Describe how to collect a sputum specimen.
- Perform the procedures described in this chapter.
- Explain how to promote PRIDE in the person, the family, and yourself.

Collecting Specimens

- Specimens (samples) are collected and tested to prevent, detect, and treat disease.
- The doctor orders what specimen to collect and the tests needed.
- All specimens sent to the laboratory require requisition slips.

Urine Specimens

- The random urine specimen
 - The random urine specimen is collected:
 - For a routine urinalysis
 - Any time during a 24-hour period
 - Many people can collect the specimen themselves.
 - Weak and very ill persons need help.

Midstream Specimen Collection

- The midstream specimen (clean-voided specimen or clean-catch specimen)
 - The perineal area is cleaned before collecting the specimen.
 - To collect the specimen:
 - The person starts to void into a receptacle.
 - Then the person stops the stream of urine.
 - A sterile specimen container is positioned.
 - The person voids into the container until the specimen is obtained.
 - You may need to position and hold the specimen container in place after the person starts to void.

The 24-Hour Urine Specimen

- All urine voided during 24 hours is collected for a 24-hour urine specimen.
 - First void of the day is discarded.
 - Save all voidings for the next 24 hours.

Testing Urine

- The doctor orders the type and frequency of urine tests.
- Testing for pH
 - Urine pH measures if urine is acidic or alkaline.
 - Normal urine pH is 4.6 to 8.0.
 - A routine urine specimen is needed.
- Testing for glucose and ketones
 - The diabetic person may have glucose and acetone (ketone bodies, ketones) in the urine.
 - Urine is tested for glucose and ketones.
 - The doctor uses the test to make drug and diet decisions.

Testing Urine (Cont.)

- Testing for blood
 - Hematuria means blood in the urine.
 - Blood that is not seen is occult blood.
 - A routine urine specimen is needed.
- Using reagent strips
 - Reagent strips have sections that change color when they react with urine.
 - To use reagent strips, follow the manufacturer's instructions.
 - Do not touch the test area on the strip.
 - Dip the strip into urine.
 - Compare the strip with the color chart on the bottle.

Stool Specimens

- Stools are checked and studied for blood, fat, microbes, worms, and other abnormal contents.
- The stool specimen must not be contaminated with urine.
 - The person uses one receptacle for voiding and another for a bowel movement.
- Some tests require a warm stool.
 - The specimen is taken at once to the laboratory or to the storage area for transport to the laboratory.

Sputum Specimens

- Mucus from the respiratory system is called sputum when expectorated (expelled) through the mouth.
- Sputum specimens are studied for blood, microbes, and abnormal cells.
- The person coughs up sputum from the bronchi and trachea.
 - It is easier to collect a specimen in the morning