

How to Collect a First Morning Urine Sample

A first morning urine sample must be collected as soon as your child wakes up in the morning.

How do I collect the sample?

The night before:

1. Have your child empty their bladder completely just before getting into bed.
2. If your child is not potty-trained, you can put several cotton balls in the diaper before bed.

The morning of:

1. When your child wakes up, they should go directly to the bathroom to collect the urine sample.
2. Use a urine specimen cup or a clean plastic container with a lid to collect the sample.
3. If your child is not potty-trained, you can squeeze the urine from the cotton balls into the cup.

Handling and labeling the sample

1. Put the sample in the refrigerator until you are ready to bring it to the lab or the clinic visit.
2. Label the urine cup with two forms of identification. This can be your child's name and birth date.
3. If you need to submit more than one sample:
 - a. Put the date of collection on the sample container.
 - b. Keep all samples refrigerated and then take them all to the lab on the same day.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Rebecca Lombel MD
Edited by: Karelyn Munro BA

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 03/2021