

Collection of a urine sample for cytology

Introduction

This leaflet gives you information about collecting a sample for a cytology urine test.

What is cytology?

Cytology examines cells using a microscope to detect abnormalities.

What is the cytology urine test for?

The urine test is for examining cells shed from the urinary tract, for example the kidneys, ureters, bladder and urethra. Any changes within the cells that cause concern will be reported in the result from the laboratory. All urine cytology reports are sent to the doctor who requested the test.

When do I collect my sample?

Please note: The first urine passed in the morning is unsuitable for cytological analysis. A urine sample taken mid-morning would be suitable.

Collect the urine into the clean, dry container provided and screw on the top tightly to stop any leakage.

Label the container with:

- your full name
- your date of birth or unique identification number (hospital number or NHS number)
- the date the specimen was collected

Getting the specimen to the laboratory

Take the specimen and request form to one of the following:

- Pathology Department Reception at Cheltenham General Hospital
- Pathology Department Reception at Gloucestershire Royal Hospital
- Your GP's surgery

Please note: It is important that the specimen is received at the hospital or your GP's surgery on the day that it is produced.

Urine test results

You will receive your test results from your hospital consultant or GP, by letter or during a clinic appointment.

Contact information

If you require further information about the cytology urine test, please contact the Histology Laboratory.

Histology Laboratory

Cheltenham General Hospital

Tel: 0300 422 4924

Tel: 0300 422 4219

Monday to Friday, 8:00am to 4:00pm

Content reviewed: October 2025

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



Registered Charity 1051606

Every donation you choose to give helps your local hospitals do more to care for you, everyone you love and our passionate NHS staff.
If you would like to find out more, please contact:
Charity Office **0300 422 3231** or visit gloshospitals.nhs.uk/charity

GHPI0386_10_25
Department: Histology
Review due: October 2028
www.gloshospitals.nhs.uk