

## Urine Collection Guidelines for Recurrent UTI and IC Patients

### Prior to collection:

Stop all products that coat the bladder wall (Elmiron, marshmallow root, aloe vera, slippery elm, corn silk) for at least one week before collecting a urine specimen. These inhibit embedded bacteria from shedding into the urine.

No oral antibiotics for two to three days. It takes seven half-lives for an antibiotic to wash out.

Take a biofilm disrupter 5-7 days before collecting: Kirkman Biofilm Defense is a good choice until you know what is causing your biofilms to not breakdown efficiently (LabCorp test #505443).

<https://femologist.com/products/biofilm-defense>

### Collection:

1. If there is a certain time of day when your symptoms are more pronounced, that is the best time to do the collection.
2. Empty your bladder (This flushes out ascending contaminants.)
3. Don't drink any fluids for the next 1-2 hours so the urine won't be diluted (concentrated –dark yellow colored is the goal).
4. Do a good soap and water wash of the genital area (don't use antibacterial soaps since they can disrupt normal protective skin flora). Rinse well and pat dry gently.
5. Collect a mid-stream collection (OK to collect beginning of urination if you experience urethral symptoms as well as bladder ones). Catheterized specimens are not recommended.
6. Package and ship according to instructions in the MicroGenDX kit.
7. Since many UTIs in women result from pathogens from the vaginal tract spreading to the bladder, it is recommended that you do a Women's Complete kit that includes a vaginal swab. The goal is a medium load of lactobacilli. Once that is achieved, follow-up testing of just the urine is fine.