

Urine Tests for Children

A urine test checks for infections or other problems in your child's urinary tract— which includes the kidneys, the bladder, and the tubes that carry urine to the bladder... or out of the body.

Before the test, tell your child's doctor about any medicines or natural health products your child takes.

They can affect the test.

Also, don't let your child do any strenuous exercise or eat foods that can change the color of their urine, like blackberries or beets.

The test can be done at a doctor's office or in a lab or clinic.

It's done using a sample of your child's urine.

You may be asked to collect the sample at home— in a cup you get from the doctor— and then take it to the lab for testing.

Here's how to get the urine sample.

First, wash your hands.

Older children who will be collecting the sample on their own should wash their hands too.

Take the lid off the collection cup and set the cup down, without touching the inside.

Your child's genital area should be cleaned with medicated towelettes or swabs— those usually come with the cup.

Younger children may need some help.

If a boy has a foreskin, it should be pulled back to clean the area.

Girls should hold apart the genital folds of skin while they go.

Have your child start to pee into the toilet or urinal.

After a few seconds, place the cup under the urine stream, and fill it about halfway.

Pull the cup away before your child has finished.

Nothing but urine should go into the cup.

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Put the lid back on and tighten it.

Then take the urine sample to the lab or clinic.

If you can't take it there within an hour, refrigerate it.

For younger children who aren't potty-trained, your doctor can show you a different way to collect the urine.

And remember, if you have any questions about the test or getting the urine sample, you can always ask your child's doctor.