

Detection of *Schistosoma haematobium* eggs in urine

What is *Schistosoma haematobium*?

Schistosoma haematobium is a parasite form in the Middle East, India, Portugal, and Africa which is associated with urinary schistosomiasis. This can result in haematuria (blood in the urine) and fibrosis of the bladder which in turn can lead to kidney problems.

How is it diagnosed?

The easiest method of diagnosis is to examine urine for the presence of *Schistosoma haematobium* eggs.

Are there any special instructions for collecting the urine sample?

The density of eggs in urine varies throughout the day, with the highest numbers obtained between 10.00am and 2.00pm. The majority of the eggs are expelled towards the end of micturation (passing urine).

Therefore the specimen collected should be a single urine sample from the end of your urine flow taken between the hours of 10:00am and 2.00pm.

It is also recommended that, if possible and appropriate, you should undertake a little light exercise before the specimen is collected (eg 20 rapid knee bends or running up and down a flight of stairs several times). This results in more eggs being excreted in the sample.

Once the sample has been collected in a sterile universal pot, it should be labelled with your details and sent to the laboratory with the request form. If there is a delay in sending the sample, it should be kept refrigerated to help preserve any eggs present.