

Midstream Urine Collection

Patient Information Sheet

1. Do not empty your bladder for three hours, if possible.
2. Label the container with your full name, date of birth, time and date of collection.
3. Wash your hands, and then wash your genital area with the sterile water wipe that has been provided.
4. Females should hold the labia apart while the specimen is passed. If you have a vaginal discharge or monthly periods, a tampon should be inserted.
5. Uncircumcised males should retract the foreskin whilst the specimen is being passed.
6. Pass the first part of the urine stream into the toilet, then without stopping the flow, place the specimen container under the urine stream until it is 1/3 full, finish emptying your bladder into the toilet.
7. To prevent contamination of the specimen DO NOT touch the inside of the container.
8. Replace the lid of the container making sure it is firmly screwed on and place into a specimen bag with accompanying request form.
9. Specimen should preferably be refrigerated after collection and delivered to the collection centre or doctors surgery as soon as possible after collection.