

How to collect a Mid-Stream Urine Sample

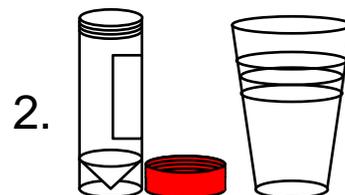
Please read all the instructions before starting

1. Wash your hands

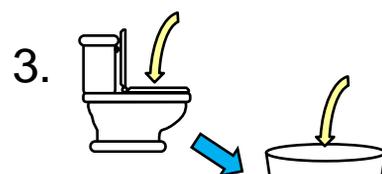


2. Get your containers ready

- If the sample bottle is too small, you can use a clean and dry cup to collect your sample
- If there is powder in the sample bottle do not tip it out
- Try not to touch the inside of the bottle or cup as this may contaminate the sample

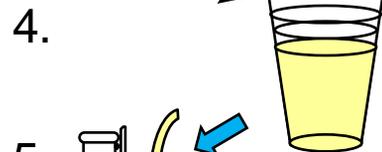


3. Position yourself over the toilet and start to pass urine – let the first bit of urine go into the toilet bowl



4. Collect the next bit of your urine flow (the “mid-stream” portion) in the cup

- Try and collect at least half a cup full – enough to fill the bottle

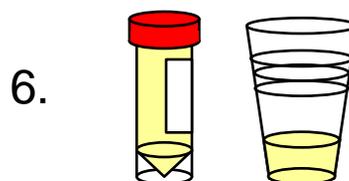


5. Finish passing urine into the toilet bowl



6. Pour urine from the cup into the sample bottle then screw the lid back on. If the bottle has a red top you must fill it up to the top of the label.

- Make sure the bottle does not leak
- Try not to touch the inside of the bottle or container as this may contaminate the sample



7. Wash your hands. **Ensure your name and date of birth is written clearly on the label on the specimen bottle** (if the surgery have not provided you with a sticky label).



What is being tested?

Urine is one of the body's waste products. It is produced in the kidneys and collected in the bladder. Normally the urine does not contain significant numbers of any micro-organisms. However, if bacteria or yeast are introduced into the urinary tract, they can multiply and cause a urinary tract infection (UTI).

Why is important for the sample to be “mid-stream”?

A mid-stream urine sample means that you don't collect the first part of urine that comes out or the last part. This reduces the risk of the sample being contaminated with bacteria from your hands or the skin around the urethra (tube that carries urine out of the body).