



# Midstream urine collection

1. Do not empty your bladder for 3 hours, if possible.
2. Ensure the container is labelled with your surname, first name, date of birth, sex, 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. Whilst the specimen is being passed:
  - If you have an uncircumcised penis, the foreskin should be retracted.
  - If you have a vagina, the labia should be parted.
  - If you have vaginal discharge or are menstruating, a tampon should be inserted.
5. 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 passing the rest of the urine into the toilet.
6. Do not touch the inside of the container as it is sterile.
7. Replace the lid of the container, making sure it is firmly screwed on.
8. Specimen should preferably be refrigerated after collection and returned to the collection centre or doctor's surgery as soon as possible.
9. Following these instructions will help ensure that the specimen is not contaminated, resulting in more accurate results.