

PATIENT INSTRUCTIONS FOR MIDSTREAM URINE COLLECTION

This method helps protect the urine sample from bacteria which are normally found on the genitals

Wash your hands before collecting the sample. Clean the area around your genitals.

FOR MEN



- Pull back the foreskin, if you have one.
- Clean the head of the penis thoroughly, using soap towelettes.

FOR WOMEN



- Spread apart the folds of skin around the vagina with one hand.
- With the other hand, clean the area around the vagina and urethra thoroughly, using soap towelettes.
- Wipe the area from front to back to avoid spreading bacteria from the anus to the urethra.

1.



If the collection container has a lid, remove it carefully.

2.



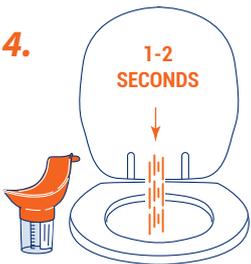
Set down the lid with the inner surface facing up. Do not touch the inside of the cup.

3.



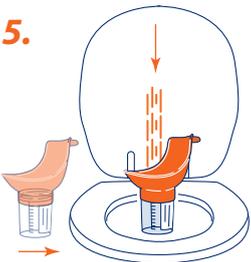
If you were given a urine collection kit (a funnel and a cup), carefully screw the funnel onto the cup. Use the handle and be careful not to touch the inner surface of the funnel.

4.



Start urinating into the toilet or urinal. Women should continue to keep apart the folds of skin around the vagina while urinating.

5.



After the urine has flowed for several seconds, place the collection funnel or collection cup under the stream.

6.



Collect about 60 mL (2 fl oz) of this "midstream" urine without stopping the flow.

7.



Make sure that the rim of the container does not touch your genital area. Be careful not to get toilet paper, pubic hair, stool (feces), menstrual blood, or any other foreign matter in the urine sample.

8.



Unscrew the funnel from the specimen container and dispose of the funnel.

9.



Place the container with urine onto a flat surface. Hold the specimen container touching only the outside walls. Be careful not to touch the rim of the urine container. Carefully replace the lid on the cup.

10.



Wash your hands and return container to clinical staff.