

# Midstream Urine Collection - Female

## *Patient Instructions*

### Procedure

Before collecting this specimen:

- please obtain a suitable specimen container from one of our Collection Centres or from your Doctor
- make sure your bladder is moderately full
  - a. If not, please have a glass of water.
  - b. If you find it difficult to pass urine, leave a tap running, it may help.

If you are menstruating, your Doctor may postpone this test until after your period ends or contamination of sample can be prevented by insertion of a vaginal tampon prior to collecting.

1. Wash and dry hands thoroughly.
2. Separate the labia (folds of skin covering front passage) and hold apart with one hand.
3. With the other hand, cleanse the front passage with sterile water and cotton swab or gauze (supplied by Laboratory or Collection Centre) three times from front to back. Use a separate swab for each wipe.
4. Commence passing urine into toilet for about three seconds. Bring the collection container into the urine stream and half fill container. To prevent contamination of specimen, don't touch inner surface of container or lid.
5. Finish emptying bladder into toilet.
6. Clearly label the container with full name, date of birth, date and time specimen was collected and return it to the Laboratory, Doctor's surgery or closest Collection Centre accompanied with request form.
7. It is important that we receive collected sample on day it is collected. If any delay refrigerate sample until delivery is possible.