



Mid-Stream Urine Collection

About Your Test

- Your health professional has requested this test to check for infection.
- Please collect your urine sample **BEFORE** starting any antibiotic medication.
- You will be provided with: a punnet to collect your urine sample in, a specimen container and a specimen delivery bag.

Procedure

1. Clean around the urinary opening and genital area with a piece of toilet paper moistened with water:
 - Female: cleanse from front to back, avoiding the anal area
 - Male: draw back the foreskin
2. Dry the area.
3. Pass a small amount of urine into the toilet, then without stopping collect some urine 'mid-stream' into the collection punnet.
4. Finish passing urine into the toilet.
5. Pour the urine from the collection punnet into the specimen container and screw the lid on firmly.
6. Discard the collection punnet.
7. Write your full name, date of birth, date and time of collection on the container label and place container in the delivery bag with the request form in the front pocket.
9. Keep your sample in the fridge if possible. Otherwise, keep in a cool place out of direct sunlight. Deliver as soon as possible to the laboratory or one of our collection centres.

Reminder: Have you labelled the container?