



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 plastic punnet to collect your urine sample in, a specimen container and a delivery bag.

The 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 plastic 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, and 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 a cool place (not your fridge), and deliver as soon as possible to the laboratory.

Reminder: Have you labelled the container?