

Patient instructions for Mid-Stream Urine Collection Micro & Culture - Female

- 1** Label urine container with your Full Name, Date of Birth, Date and Time of Collection.
- 2** Wash hands.
- 3** Remove the lid from the urine container, taking care not to touch the inside of the lid or the inside of the container.
- 4** Place the lid of the container with the inside of the cap face up.
- 5** Using water wipes separate the folds (labia) and with the water wipes provided, cleaning the area moving from front to back.
- 6** Continue to hold the folds open and begin to pass urine into the toilet.
- 7** Bring the urine container into the urine stream and collect a “midstream” specimen. Fill the container approximately ½ full.
- 8** Finish urinating into the toilet. Secure the lid on the container firmly without cross threading to avoid leakage.
- 9** Deliver the sample to the Collection Centre as soon as possible. If delayed keep the sample refrigerated.

Chlamydia/ Gonorrhea

Specimens must be collected from the first stream sample in a separate urine container.