

Patient Information Sheet

Collection of Mid-Stream Urine for Microscopy and Culture

INSTRUCTIONS FOR FEMALE PATIENTS

Equipment

- 1 Sterile urine jar
- 2 Towelettes

1. Wash hands
 2. Prepare by opening the sterile container and the towelettes and placing them where they can be reached conveniently.
 3. Sit well back on the toilet. Part the skinfolds (labia) and while holding apart, wash once from front to back with the first towelette and then the second.
 4. **With the skinfolds (labia) still apart** pass the initial amount of urine into the toilet and then without stopping the stream pass the container under and collect enough urine to half fill the container. The rest of the urine is passed into the toilet.
 5. Place the lid on the container.
 6. Label both containers with your:
 - Surname
 - Date of Birth
 - Given name
 - Time & Date of Collection
 7. Return the sample to the Collection Centre as soon as possible **on the day of collection**. If there is any delay, refrigerate the specimen.
- N.B.** The two most important considerations when collecting urine are:
1. To keep the labia parted (following cleansing) until urine collected.
 2. To allow a continuous stream while collecting urine.