COLLECTION OF MIDSTREAM URINE SAMPLES

The following collection instructions are intended to help you collect the correct specimen for the test your clinician has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

- Early morning urine specimens are preferred; although urine collected at other times of the day are acceptable. A "mid - stream clean catch" urine sample is necessary for a culture so that any bacteria present around the urethra and on the hands do not contaminate the specimen.
- Use an approved empty sterile container for collection.
- Complete the information requested on the container label. Make sure you include:
    - your full name
    - date of birth or health card number
    - date and time you collected the specimen. If you have a requisition, note the date and time on the requisition.
- Wash and dry your hands thoroughly.
- Remove the container cap and set it aside. Do not touch inner surfaces of container.
- The intent is to collect a sample midway through the urination process (hence the name "mid-stream" urine).
- Pass a small amount of urine into the toilet, (women, hold skin folds apart). This initial stream of urine may be contaminated with skin and urethral bacteria.
- Then midway through urination, urinate into the container. The container should only be 1/2 to 2/3 full.
- Replace the cap and tighten firmly.
- Remember to wash your hands well after collecting the specimen.
- Keep the urine sample **refrigerated** and submit to the laboratory **within 24 hours** of collection.