

Midstream Urine Collection

Instructions for midstream urine collection

1. Wash hands thoroughly.
2. Men—gently retract foreskin (if present) as far as possible.
3. Women—gently separate labia (skin flaps covering vagina).
4. Pass a small amount of urine directly into the toilet, then catch a small volume (approximately 30mL) of urine into the clean specimen container provided.
5. Finish by voiding the remaining urine directly into the toilet.
6. Replace the lid of the container—**please make sure the lid is screwed on straight and tightly to avoid leakage**—and label the sample with your full name, date of birth, and the time & date of collection.
7. Place the specimen and request form into the specimen transport bag.
8. If you are unable to deliver immediately to the laboratory or your local collection centre, you may refrigerate the sample (2-8°C) but do not freeze.