

Your health care provider has requested a urine culture. In order to produce a meaningful laboratory test result, follow these instructions exactly. Please obtain a sterile sample container from our laboratory.

**Midstream Urine Collection**

1. Write your full name and date of birth on the sterile sample container, if not already labelled.
2. Wash your hands with soap and water. Dry your hands well.
3. Open the sample container. Carefully place the lid down on a clean surface with the inside facing up. Make sure the container is within reach of the toilet. **Do not to touch the inside of the container or the lid at any time.**
4. Open the wipe package. Take the wipe out of its package, unfold it and use the wipe to clean your penis or labia from front to back in one stroke.
5. Urinate a small amount in the toilet.
6. Now take the open container and urinate (pee) directly into the container. Fill the container ¼ to ½ full.
7. Finish urinating into the toilet.

Midstream illustration:

Step 5



Step 6



Step 7



8. When finished, screw the lid on tightly and ensure no leakage occurs. Wipe container, if needed.
9. Wash hands with soap and water.
10. Write the time and date of collection on the container.
11. Place the container in the bag provided and securely seal the bag.
12. Fold any paperwork and place in the external pocket of the specimen transport bag. This ensures the specimen will not leak onto the paperwork.
13. Bring the sample to the laboratory as soon as possible. For best results, deliver the sample within 30 minutes of collecting it. If not possible, keep the sample refrigerated and bring it in as soon as possible.

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*NOTE: This is a **CONTROLLED** document. Any documents appearing in paper form that are not stamped in red "MASTER COPY" are not controlled.*

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Medical Approval		
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Name	Signature	Date

Management Approval		
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**Record of Revisions**

Version	Date of Revision/Review	Responsible Person	Revision Description	Signature of Approval

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