

PATIENT INFORMATION SHEET

Mid Stream Urine Collection

You will be provided with a sterile collection container and a cleansing towelette.

Test	Important Collection Notes
All Tests	Accuracy of the test results depends on the accuracy of the specimen collection. Instructions must be followed carefully.
	Collect in a clean environment. During specimen collection the collection container should be held in such a way that contact with the legs or clothing is avoided.
U&A - Urinalysis	Bring specimen to laboratory within one hour of collection. If collecting at home and delay is unavoidable keep the specimen in the refrigerator and bring to the laboratory with 12 hours.
C&S - Culture and Sensitivity	Bring specimen to laboratory within one hour of collection. If collecting at home and delay is unavoidable keep the specimen in the refrigerator and bring to the laboratory within four hours.
	Collect specimen in the early morning whenever possible. Only fill urine collection container 1/2 to 2/3 full with a midstream collection.
Cytology	Do not collect the first voided urine of the day. The second voided urine specimen should be obtained one to two hours later.
	Only fill urine collection container 1/3 full with a midstream collection. Prompt delivery of the specimen to laboratory is essential so that a preservative can be added to the specimen for transport to the testing facility.
	If the doctor has ordered more than one urine sample for collection, then collect these on separate days.

Do Not Collect Multiple Samples on the Same Day - You will be asked to recollect them.

Steps: 'Male' - Collection Instructions:

Confirm the collection container is labeled correctly with:

1. your (patient) first and last name and
another identifier such as the date of birth or healthcare number.

Incorrectly or incompletely labeled specimens will not be tested.

2. Wash hands with soap and water, rinse and dry hands.

Steps: 'Male' - Collection Instructions:

3. Remove the lid from the collection container and set aside.
Avoid touching the inside of the collection container and lid.
4. Cleanse the end of the penis with special towelette provided, beginning at the urethral opening and work away from it.
5. Void (pee) a small portion of urine into the toilet. Momentarily stop the urine flow, then resume the flow and collect a portion of the urine into the container.
6. Void (pee) the remainder of urine into the toilet.
7. Tightly secure the lid.
8. Wash hands thoroughly.
9. Write date and time of collection on collection container(s) label and on the laboratory requisition.
10. Deliver the container(s) and lab requisition to the laboratory the same day the collection is finished. Refer to Important Collection Notes.

Steps: 'Female' - Collection Instructions:

Confirm the collection container is labeled correctly with:

1.
 - your (the patient) first and last name
 - another identifier such as the date of birth or healthcare number.

Incorrectly or incompletely labeled specimens will not be tested.

2. Wash hands with soap and water, rinse and dry hands.
3. Remove the lid from the collection container and set aside.
Avoid touching the inside of the collection container and lid.
4. Stand in a squatting position over the toilet or sit comfortably on the seat and swing one knee to the side as far as possible.

Wash your urogenital (bottom) area with the special towelette provided. With one hand, hold the labia apart and clean the folds of your skin from front to back including the area in which you pass urine (pee), with the towelette.
- 5.

Steps: 'Female' - Collection Instructions:

6. Void (pee) a small portion of urine into the toilet. Momentarily stop the urine flow, then resume the flow and collect a portion of the urine into the container.
7. Void (pee) the remainder of urine into the toilet.
8. Tightly secure the lid.
9. Wash hands thoroughly.
10. Write date and time of collection on collection container(s) label and on the laboratory requisition.
11. Deliver the container(s) and lab requisition to the laboratory the same day the collection is finished. Refer to Important Collection Notes.

If you have any questions or concerns, please contact the Laboratory.
For the results of your test, please contact your doctor.

University Hospital of Northern British Columbia

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