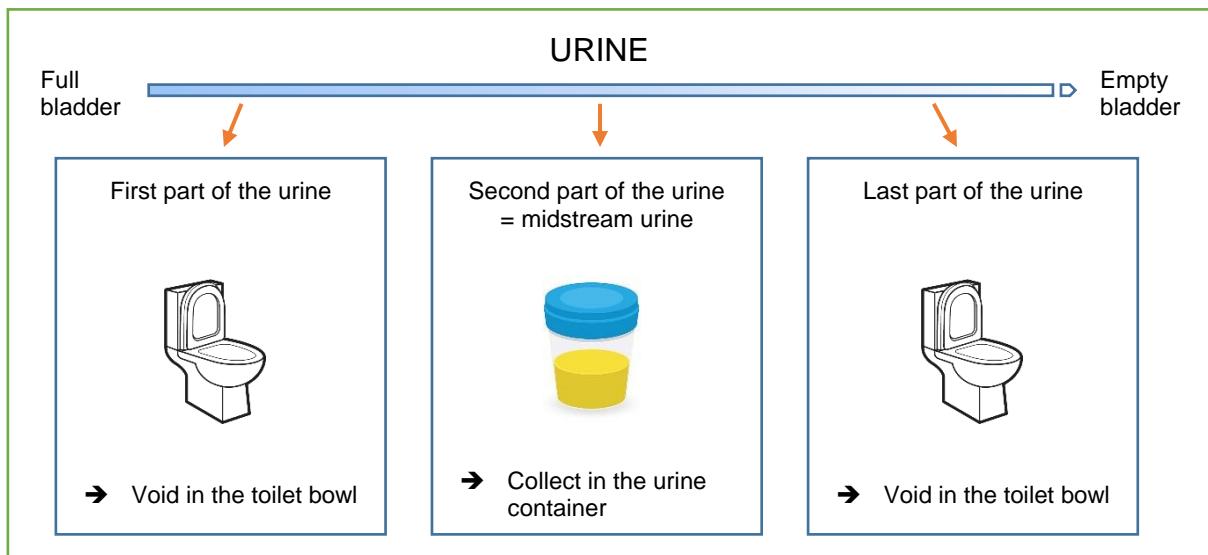


MIDSTREAM URINE COLLECTION: INSTRUCTIONS FOR PATIENTS

What is a midstream urine collection?

A midstream urine specimen is urine that you pass that is not the first part or the last part that comes out. Collecting the second part reduces the risk of the urine specimen being contaminated with bacteria from:

- your hands
- the skin around the urethra, the tube that carries urine out of the body



Collection of midstream urine:

1. Label the urine container with your name.
2. Wash your hands with soap.
3. Remove the cap on the container and set it aside. Do NOT touch the inner surface of the lid or the container.
4. Clean genital area with towelettes.
5. For females, keep the legs apart and hold the skin during urinating.
6. For men (if uncircumcised), retract the foreskin during urinating.
7. Begin urinating in the toilet.
8. Midway through urination, fill the container ONLY HALF-WAY. Do NOT allow the container to touch any part of the skin. Do NOT scrap the urine off using the container.

9. Finish urinating in the toilet.
10. Screw cap on container and tighten firmly. Do NOT touch inside the cap.
11. Ensure that the container is not leaking.
12. Wash your hands thoroughly.
13. Place the urine container into the biohazard bag, if provided.
14. Bring the urine specimen to the clinician or nurse.