

 Eastern Health Laboratory Medicine	Section: Management System\Eastern Health\Client Services\Collection Manual\Patient Instructions\	
	Title: Collecting a Mid-Stream Urine (Pee) Sample for Urinalysis and Culture	Number: 11120
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Collecting a Mid-Stream Urine Sample

Collection Container

Go to the nearest Blood Collection facility and staff will provide you with the proper collection instruction and collection cup.

Note:

Collection will take place in the Collection Facility as this is the only way a specimen can be properly assessed for acceptability. Home collection will only be an option in extreme extenuating circumstances, particularly for the “At Risk Patient Populations”.

Before Collecting the Sample

1. Wash hands with soap and water
2. Open the package and take out the towelette
3. **Female**
 - Stand in a squatting position over the toilet. Separate the folds of skin around the urinary opening.
 - Cleanse the area around the opening with the first soap towelette.
 - Repeat using a second clean towelette.
 - Urinate the first portion of urine into the toilet.
 - As you continue to urinate, bring the collection cup into the midstream to collect the urine sample.
 - Do not touch the inside or the lip of the cup.
 - Urinate remainder of urine into the toilet.
 - Replace the blue cap onto the collection cup.
 - Return the sample to a Health Care Provider.
4. **Male**
 - Cleanse the end of the penis with the first towelette beginning at the urethral opening and working away.
 - Cleanse the area around the opening with the first soap towelette.
 - Repeat using a second clean towelette.
 - Urinate the first portion of urine into the toilet.
 - As you continue to urinate, bring the collection cup into the midstream to collect the urine sample.
 - Do not touch the inside or the lip of the cup.
 - Urinate remainder of urine into the toilet.
 - Replace the blue cap onto the collection cup.
 - Return the sample to a Health Care Provider.
5. **After Collecting the Sample**
 - It is the patients’ responsibility to ensure the lid of the collection cup is secure and the collection cup is upright to prevent leaking and specimen contamination.
 - Place the sample in the plastic bio-hazard baggie provided and return to designated drop area as directed by Health Care Provider.