

Female Urine Collection

Random (Mid Stream)

Your doctor requested a urine sample for examination.

This test is very important to assess your health and will only give useful results if collected properly. Normal body secretions may alter the results, so it is necessary to clean the area where urine is passed thoroughly. Please follow these guidelines.

Collection Instructions:

- Wash hands
- Remove undergarments and part knees to allow thorough cleansing of the urine opening
- Sit comfortably on the seat, placing one knee as far to the side as you can
- Using the left hand, part the skin folds
- Wash the area from which you pass urine with a towelette, using a cleansing action from the front of your body to the back. This is to be repeated twice using a clean towelette each time
- Pass a small amount of urine into the toilet
- Then pass urine into the jar provided, holding the jar by the outside. Do not allow the skin of your fingers to touch inside of either the jar or the lid. If you drop the jar on the floor, please ask for another
- Screw down the lid on the jar, **firmly**.

Do not hesitate to ask for assistance.

Please complete the relevant patient information on the specimen container label and return containers to the collection centre promptly.

Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

