

Mid-Stream Urine Collection

Your doctor has requested that you provide one specimen or three consecutive mid-morning, mid-stream urine specimens.

Instructions

- No specific dietary or medication restrictions necessary. Ensure you are well hydrated.
- The **first urine** specimen **of the day is not suitable** for this test.
- A mid-morning, mid-stream urine sample should be collected.
- **If 3 x urine samples requested**, these must be collected on 3 consecutive days. Each sample **MUST** be marked day 1, 2 and 3 retrospectively.
- Each sample is to be delivered to the Collection Centre each day. **DO NOT** deliver all 3 samples together.

Materials we supply

- Yellow top container/s - as per Request Form instructions
- Specimen Bags

Procedure

First sample

1. Label the container with your full name, date of birth, date and time of collection and test name.
2. Remove the lid from the urine container and avoid contamination of the inside of the container or lid.
Note: Females - separate the labia (skin folds). Male - retract foreskin if uncircumcised.
3. Pass an initial amount of urine into the toilet and then pass the container under and collect a minimum of 30mls (fill the jar 3/4 full) of urine, in the container.
4. Place the lid on the container and tighten the lid firmly to prevent leakage. Avoid cross threading of the lid, and insert into the Specimen Bag.
5. Return the sample to the Collection Centre **on the day of collection**. If there is any delay, refrigerate the specimen.

Important Notice

Repeat steps 1-5 for the collection of the samples 2 and 3 if required.
Ensure containers are marked 2 & 3 respectively on the lid.

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.

