

COLLECTION NOTES FOR PATIENTS
URINE – MID-STREAM

It is important to collect your urine sample **BEFORE** starting antibiotic medication.

You will be provided with a plastic punnet to collect your urine sample in, a specimen container and a specimen delivery bag.

1. Clean around the urinary opening and genital area with a piece of toilet paper moistened with water;
Female: cleanse from front to back, avoiding the anal area.
Male: draw back the foreskin.
2. Dry the area.
3. Pass a small amount of urine into the toilet, then without stopping collect some urine ‘mid-stream’ into the plastic collection pottle.
4. Finish passing urine into the toilet.
5. Pour the urine from the collection punnet into the specimen container and screw the lid on firmly.
6. Discard the collection punnet.
7. Write your full name, date of birth and date and time of collection on the container label and place in delivery bag with the request form in the front pocket.
8. Deliver the specimen to the laboratory, or your medical centre as soon as possible. Refrigerate if there is any delay.

If you have any problems, please contact the West Coast DHB Laboratory- phone **(03) 769 7797**.