

2016

Mid-stream Urine Collection

Pathology and
Laboratory Medicine
Halifax Area



www.nshealth.ca

Mid-stream Urine Collection

Instructions

Use only the collection bottle(s) given to you by your doctor, local lab, or blood collection clinic.

1. Wash your hands **before** urinating (peeing).
2. Take the cap(s) off the provided bottle(s). Do not touch inside the cap(s) or the bottle(s).
3. Make sure your skin does not touch the bottle as you pee.
 - › **Women** should separate the labia (skin folds around the opening of the vagina).
 - › **Men** should pull back the foreskin of the penis.

4. Pee a small amount into the toilet. **Stop the flow** (by tightening your pelvic muscles).
5. Pee directly into the bottle until it is half full. **Stop the flow again.**
6. If you were asked for 2 urine samples, collect the second bottle now. If not, finish peeing in the toilet.



7. Put the cap(s) of the bottle(s) on tight. Be sure not to touch inside the cap or the bottle.
8. Wash your hands.
9. Bring your sample(s) to an approved drop-off site as soon as you finish the collection (see back cover for more information). If this will take more than 1 hour, put the sample in the fridge until you can drop it off.

Make sure the collection bottle(s) is labelled with your name, health card number, and date and time of collection.

If you have any questions, please ask. We are here to help you. Please see back cover for contact information.

**24 hour access for drop offs
available in Halifax:**

QEII Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main floor, Mackenzie Building

Or drop off your sample at your
local lab. Hours and addresses
vary. Check www.nshealth.ca for
more information.

Phone: 902-473-2266

Email: [DPLMCustomerService@
nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **doctor's full name and address**
- › **Collection date and time for each urine sample**

Looking for more health information?

This pamphlet and all our active patient pamphlets are searchable here: <http://bit.ly/NSHApamphlets>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

Nova Scotia Health Authority

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute healthcare or medical advice.

If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.