



Capital Health

Instructions for the Collection of a Mid Stream Urine Sample

Please read carefully or your specimen may be rejected by the lab

The container:

- Use a dry sterile container.

How to collect a mid stream urine:

- Wash your hands before urinating.
- Remove the cap of the sterile container(s). Do not touch inside the cap or the bottle.
- Thoroughly wash yourself (vaginal area or penis) with one piece of paper towel and dry well with another.
 - **Females:** Wash from front to back.
 - **Males:** Retract the foreskin, wash penis, ending near the tip.
- **Dispose of the gauze in the garbage container. Do not flush down the toilet!**
- The urine must pass into the container without touching the skin. **Females** should separate the labia and **males** should retract the foreskin.
- Pass a small amount of urine into the toilet. **Stop** the flow and then begin urinating directly into the container until half full. **Stop** the flow. Finish urinating in the toilet. If you are requested to collect two samples, then use bottle #1 to collect the first part of your urine and bottle #2 for the remainder.
- Replace the cap of the container(s) tightly, again being sure not to touch inside the cap or the bottle.
- If you wish, you may use a brown paper bag to bring your sample to the bench. Paper bags can be found on the counter tops in the washroom.

Note the following: Please contact the technologist/lab assistant if you have any difficulty or questions.

Make sure the specimen container label includes:

- Your legal name
- Your Health Card Number or another unique identifier (as determined by your healthcare provider)
- Date and time of collection.

Make sure the requisition form includes:

- Your legal name
- Your date of birth
- Your Health Card Number or another unique identifier (as determined by your healthcare provider)
- Physicians full name and address
- Date and time of collection.

Specimen(s) and requisition must be delivered within 1 hour to:

Halifax: QEII Health Sciences Centre **Or:** Your local district laboratory
Central Accessioning
5788 University Avenue
Main Floor- MacKenzie Building

If delay is expected, refrigerate the sample (do not freeze), but deliver the same day as collected.