

# How to collect a mid-stream urine sample

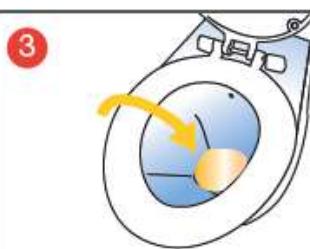
*Please read all the instructions before starting*



Wash your hands

## 2 Get your containers ready

- If the sample bottle is too small, you can use a clean and dry cup to collect your sample
- If there is powder in the sample bottle, do not tip it out
- Try not to touch the inside of the bottle or cup



Position yourself over the toilet and start to pass urine – let the first bit of urine go into the toilet bowl

## 4

Collect the next bit of your urine flow (the “mid-stream” portion) in the cup

- Collect enough to fill the bottle



## 5

Finish passing urine into the toilet bowl

## 6

Pour urine from the cup into the sample bottle then screw the lid back on. If the bottle has a red top you must fill it up to the top of the label

- Make sure the bottle does not leak
- Try not to touch the inside of the bottle or cup



## 7



Wash your hands

## Why is it important for your urine sample to be “mid-stream”?

Your sample will be tested for bacteria or yeasts causing an infection in your urinary system. A “mid-stream” urine sample means that you don’t collect the first part of urine that comes out or the last part.

This reduces the risk of the sample being contaminated with bacteria from your hands or the skin around the urethra (the tube that carries urine out of the body).