LEGACY HEALTH | LEGACY LABORATORY SERVICES

Patient Instructions for Collecting a Mid-Stream Urine Sample

The following collection instructions are intended to help you collect the correct specimen for the test(s) your clinician has requested.

Mid-stream urine collected midway through the urination process is necessary so that any bacteria present around the urethra and on the hands do not contaminate the specimen.

Collection of Mid-Stream Urine:

1. Read the instructions carefully, and follow each of the steps to ensure you collect the correct specimen for the test. Early morning urine specimens are preferred; although urine collected at other times of the day are acceptable.
2. Use the sterile screw-capped urine container provided to you for collection.
3. Complete the information requested on the container label. Make sure you include:
   - Your full name
   - Date of birth
   - Date and time you collected the specimen
4. Wash and dry your hands thoroughly with soap and water.
5. Remove the cap on the container and set it aside. **Do not touch the inner surface of the cap, the rim or the inside of the container**. Touching the cap, the rim or inside of the container will cause contamination with bacteria that normally reside on skin, invalidating the test.
6. **Women**: Keep the legs apart and hold the skin folds (labia) apart while voiding.
   Men: Retract the foreskin, if uncircumcised, while voiding.
7. Pass a small amount of urine into the toilet **not the cup**. Doing so prevents bacteria that normally reside on the urethra from contaminating your sample.
8. **Midway through urination**, move the container into the stream of urine and fill the container about one half to two thirds full.
9. You may finish voiding into the toilet until the bladder is empty.
10. Replace the cap and tighten firmly.
11. Wash your hands thoroughly with soap and water.

Deliver the container to the laboratory as soon as possible after completion of the collection. If the urine cannot be delivered to the laboratory within 1-2 hours, it needs to be refrigerated. Urine refrigerated for more than **24 hours** cannot be used for culture and will be rejected by the laboratory.