

Patient instructions for Mid-Stream Urine Collection Micro & Culture - Female

- Label urine container with your Full Name, Date of Birth, Date and Time of Collection
- Wash hands
- Remove the lid from the urine container, taking care not to touch the inside of the lid or the inside of the container.
- Place the lid of the container with the inside of the cap face up.
- Using water wipes separate the folds (labia) and with the water wipes provided, cleaning the area moving from front to back.
- Continue to hold the folds open and begin to pass urine into the toilet.
- Bring the urine container into the urine stream and collect a “midstream” specimen. Fill the container approximately ½ full.
- Finish urinating into the toilet. Secure the lid on the container firmly without cross threading to avoid leakage
- Deliver the sample to the Collection Centre as soon as possible. If delayed keep the sample refrigerated.

- **Chlamydia/ Gonorrhoea**
Specimens must be collected from the first stream sample in a separate urine container.

Patient instructions for Mid-Stream Urine Collection Micro & Culture - Male

- Label urine container with your Full Name, Date of Birth, Date and Time of Collection.
- Wash hands
- Remove the lid from the urine container, taking care not to touch the inside of the lid or the inside of the container.
- Place the lid of the container with the inside of the cap face up.
- Open the water wipe. Retract the foreskin (if present) and use the water wipe to clean the entire head of the penis.
- Begin to pass urine into the toilet
- Bring the urine container into the urine stream and collect a “midstream” specimen. Fill the container approximately ½ full.
- Finish urinating into the toilet.
- Secure the lid on the container firmly without cross threading to avoid leakage
- Deliver the sample to the collection Centre as soon as possible. If delayed keep the sample refrigerated