Random Midstream Urine Collection - Patient Instructions

Your doctor has asked you to provide a urine sample.

A clean-catch midstream collection is a method of obtaining a urine sample free of most germs that are normally found on the skin of your urinary area.

INSTRUCTIONS

1. Confirm the container is labeled correctly with:
   - your (the patient) first and last name,
   - healthcare number, and
   - the date and time the specimen was collected.
   The specimen will not be tested if the label is missing information.

2. Thoroughly wash your hands with soap and water; dry your hands.

3. Remove the lid from the container. Do not remove the yellow sticker if present.

4. Do not touch the inside of the urine cup or lid. When removing the lid, place it sticker/top side down.

5. Place the urine container on the counter beside you.

6. Open the anti-bacterial toilettes, remove the toilettes and discard the wrapper.

   **Women**
   - Sit as far back on the toilet as possible, spreading legs apart.
   - While sitting on toilet, spread lips of vagina with one hand as shown below and continue to do so throughout collection.
   - Take one open toilette and wipe vaginal area with down strokes only.
   - Discard toilette into the garbage container and repeat process with second toilette.

   **Men**
   - Pull foreskin of the penis back as shown below (if applicable).
   - Take one open toilette and wipe the head of penis thoroughly.
   - Discard toilette into the garbage container and repeat process with second toilette.

7. Urinate (pee) a small amount into the toilet then stop. Do not collect any of this sample.

8. Continue to urinate into the sterile container provided. Stop collection before you finish urinating.

9. Finish urinating into the toilet. DO NOT OVERFILL THE CUP.

10. Close urine container by screwing the lid on tightly.

11. If you are in the lab washroom, place your urine in the designated area in the washroom.

   If you are at home, store the container in a cool dark place until the urine sample can be returned to the nearest laboratory.

   **Note:** Prolonged delays in transport of urine samples to the laboratory may affect some tests. If possible, collect the urine sample at the lab location. If not possible, ask lab personnel when the sample should be dropped off after home collection.

12. Flush toilet.

13. Thoroughly wash your hands with soap and water.