



MIDSTREAM URINE SPECIMEN COLLECTION INSTRUCTIONS

Please follow the directions below:

MALES:

- + Avoid contamination of specimen with soap, feces, oil, powder, etc.
- + Retract foreskin (if uncircumcised).
- + Using a sterile wipe, clean the glans (head of the penis), beginning at the urethra (the opening at the tip of the penis) and wiping away from the urethral opening.
- + Begin urinating. Urinate a small amount into the toilet, then during mid-stream, place the collection container into the urine stream to collect the urine. After collecting the urine in the collection container, urinate the remainder into the toilet. Screw the cap onto the specimen container when collection is complete.
- + Return the container to the location recommended by your health care provider within 24 hours. Keep the sample refrigerated until returning the specimen.

FEMALES:

- + Avoid contamination of specimen with soap, feces, oil, powder, etc.
- + Using one hand, separate and hold labia apart.
- + Using a sterile wipe, clean the vaginal area from front to back. Repeat the process using one to two additional clean wipes.
- + Begin urinating. Urinate a small amount into the toilet, then during mid-stream, place the collection container into the urine stream to collect the urine. After collecting the urine in the collection container, urinate the remainder into the toilet. Screw the cap onto the specimen container when collection is complete.
- + Return the container to the location recommended by your health care provider within 24 hours. Keep the sample refrigerated until returning the specimen.

Label urine specimen with the following:

- + Name
- + Birthdate
- + Medical record number (if available)
- + Date and time of collection
- + Collector's initials