

MID-STREAM URINE COLLECTION
(for Microscopy and Culture – FEMALE)

Obtain a sterile 50 ml yellow top container from your doctor or pathology collection centre

Instructions

1. Write your full name and date of birth on the container
2. Wash your hands thoroughly.
3. Wash genital area with water
4. Remove the lid from the sterile container (ensuring not to touch the inside.)
5. Pass a small amount of urine into the toilet, and then stop the flow.
6. Pass some urine into the sterile container (ensuring neither hands nor fingers touch the inside of the container).
7. Finish passing urine into the toilet.
8. Secure the lid.
9. Write the date and time of your collection on the container
10. Return the container to your doctor or to the pathology collection centre (with a referral form) as soon as possible on the day of collection.

Note:

The specimen can be refrigerated if there is any delay.

