

How to Collect a Midstream Urine Sample

Instructions for Patients

Your doctor has asked you to collect a midstream sample of your urine (pee). This means that you do not collect the first or last part of the urine that comes out when you pee. Taking a midstream sample will help reduce the risk of your urine sample getting any bacteria found around the urethra (the tube that carries urine out of the body) and on the hands. This is also called a clean catch urine sample.

BEFORE YOU BEGIN...

- Read **ALL** the instructions carefully.
- Plan to do the collection first thing in the morning. Early morning urine specimens are preferred.

How do I collect a midstream urine sample?

STEP 1. Gather your supplies in the bathroom, within easy reach.

- The **sterile screw-capped urine container** that we gave you.
 - If the container does not have a label with your name on it, clearly print your full legal name (first and last), and your date of birth. Then print the date and time of the collection.

STEP 2. Wash your hands with soap and water. Dry thoroughly.

STEP 3. Remove the cap of the container. Place the cap on a clean surface with its opening facing down.

To keep it sterile, do not touch the inside of the cap or container.

STEP 4. Collect your urine sample.

- A. Position yourself at the toilet.
 - For **WOMEN**, sit on the toilet with your legs spread apart. With one hand, hold the skin folds of the vagina (the labia) apart. With the other hand, hold the urine container.
 - For **MEN**, if uncircumcised, retract (pull back) the foreskin with one hand. Hold the urine container with the other hand.

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How do I collect a midstream urine sample? (continued)

STEP 4. Collect your urine sample. *(continued)*

- B. Start urinating into the toilet.
- C. After a few seconds, position the urine container under the genital area to catch the stream. Make sure you do not touch any skin.
- D. Stop collecting your urine when the container is **half full**.
- E. Finish urinating into the toilet.

STEP 5. Screw the cap back onto the urine container.

- A. Tighten firmly to prevent leaking. Wipe the outside of the container dry.
- B. For sanitary reasons, place the container in a sealed plastic bag.
- C. Store your urine sample in the fridge.

STEP 6. Wash your hands with soap and water. Dry thoroughly.

STEP 7. Return your sample.

Within 24 hours of collecting your sample, return it to the **HRH Ambulatory Clinic Laboratory**.

We are located on level 1 of the hospital, across from the Central Elevators. We are open Monday to Friday, 8:00 a.m. to 4:00 p.m.

When will I receive my results?

A report will be sent back to your doctor within 48 hours. When your report is ready, you can view it on myHumberHealth (<https://myhumberhealth.ca>). Please make sure we have your correct email address at registration.