

Midstream Urine Collection Instructions

Your provider has requested a urine specimen collection. You should have received a Midstream collection kit and label for the side of your specimen container. Let staff know if you're on your menstrual period, and/or you've taken any over the counter medications to help with urinary symptoms.



HOW TO PROPERLY COLLECT URINE



1 Wash your hands.



2 Clean and collect.

Important: Do not contaminate the top or inside of the container.

IF YOU HAVE A VAGINA

- A** Hold the labia (lips or flaps) around your vagina open with your hand.
- B** Use the first towelette, wipe from front to back down one side of the labia.
- C** Use the second towelette to wipe down the other side of the labia.
- D** With the labia spread, begin to urinate, allowing the first portion to go into the toilet and catching the mid-portion in the container.

IF YOU HAVE A PENIS

- A** With the least dominant hand, hold back the skin surrounding the urinary opening of the penis.
- B** While holding the skin in place, wipe with the first towelette in a circular motion moving from the opening outward.
- C** Repeat step 2, one more time using second towelette.
- D** With the skin held in place, start to urinate into the toilet, allowing the first portion to go into the toilet, catching the mid-portion in the container provided.



3 Securely close the container.



4 Wash your hands.



5 Notify the nurse or technician that you are finished.