

# Mid stream Urine Collection Instructions

## Instructions for patients Midstream Urine Collection

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1. The technician will provide you with a specimen bottle and a Castile Soap towelette.
2. In the washroom, wash your hands very thoroughly with soap and water. Lower your undergarments.
3. Using the Castile Soap towelette provided, do the following:
  - **FEMALES:** using gentle downward motions thoroughly clean the area where you pass urine including the surrounding skin and hair.
  - **MALES:** thoroughly cleanse outer end of penis. If you are not circumcised, make sure you draw the foreskin back and keep it back during urine collection.
4. Begin urinating a small amount into the toilet. Slip the specimen container under the urine flow and catch urine in container. Be careful not to touch the edge of the container to skin. The container should be  $\frac{1}{2}$  to  $\frac{3}{4}$  full. Remove the container from the urine flow and finish in the toilet.
5. Replace the lid on the specimen container. Be sure it is on correctly and you have tightened the lid.
6. Dry the bottle off and throw the towelette into the garbage.
7. Bring the specimen out of the washroom.