



## CORRECT URINE COLLECTION TECHNIQUES



#### Midstream Urine:

The collection of a good quality urine specimen is essential for a good quality laboratory result.

Although urination is a natural function, most people are not familiar with the correct procedure for collecting a urine specimen for diagnostic testing.

This step-by-step guide will assist with the correct procedure for the collection of a midstream urine specimen.

#### Instructions for female patients:

1. Sit comfortably on the toilet, with one knee put as far as possible to the side.
2. Clean the urethra area thoroughly from front to back between the folds of skin with water and cotton wool. If a disinfectant or soap is used, the urethral area should be rinsed thoroughly with water.
3. Dry the area with clean cotton wool.
4. Hold the sterile Lancet Laboratory container on the outside, making sure you don't touch the rim.
5. While holding the labia apart, begin urinating by first passing a small amount of urine into the toilet.
6. Without stopping the flow, pass urine into the cup until it is half full.
7. Place the lid on the container carefully, making sure it is tight, if you have difficulty, ask the nurse to do it for you.
8. If the specimen is collected at home and cannot be brought to the laboratory within 30 minutes, put it in the refrigerator.

#### Instructions for male patients:

1. Retract the foreskin, if applicable.
2. Clean the head of the penis (glans) from tip to base with water and cotton wool. If a disinfectant or soap is used, the penis should be rinsed thoroughly with water.
3. Dry the area with cotton wool.
4. Hold the sterile Lancet Laboratory container on the outside, making sure you don't touch the rim.
5. Begin urinating by first passing a small amount of urine into the toilet.
6. Without stopping the flow, pass urine into the cup until it is half full.
7. Place the lid on the container carefully, making sure it is tight. If you have difficulty, ask the nurse to do it for you.
8. If the specimen is collected at home and cannot be brought to the laboratory within 30 minutes, put it in the refrigerator.

#### Instructions for infants:

1. For a male, gently retract the foreskin.
2. Clean the area around the genitals with water from front to back for a female, or from tip to base for a male. If a disinfectant or soap is used, rinse thoroughly with water.
3. Remove the paper packaging of the paediatric urine bag, thus exposing the adhesive surface.
4. For male use, the penis should be projected through the opening in the urine bag.
5. For female use, the opening of the urine bag should be placed to cover the upper half of the genitalia.
6. When urine is obtained, remove the bag, cut off the corner of the bag and pour the urine into a sterile Lancet Laboratory container. Make sure you hold the container on the outside without touching the rim. Do not pour urine through the original opening of the bag.
7. Place the lid on the container, carefully making sure it is tight.
8. If the specimen is collected at home and cannot be brought to the laboratory within 30 minutes, put it in the refrigerator.

#### Biography:

Miller JM. 1996. A Guide to Specimen Management in Clinical Microbiology. Washington, D.C. ASM Press. 57 - 65.