

WOMEN

Patient Instructions for Midstream Urine Collection

~ You have been provided with 2 cleansing towelettes and a sterile urine cup ~



1. Please wash your hands thoroughly for 10 seconds with **soap** and **water**; rinse and dry.
2. Urine cup provided to you is sterile.

CAUTION: DO NOT REMOVE LABEL from top of urine cup. There is a needle under the label. Please do not touch the inside of cup or yellow cap.

3. Unscrew the cap on the urine cup and place cap on counter with the inside of cap facing upward



Do not touch inside of cap or straw.

4. Open cleansing towelettes. Cleanse yourself with the towelettes as follows:
 - a.) Separate the folds of the labia and wipe front to back in a single motion with the first towelette, cleansing the urethral and vaginal area.
 - b.) Repeat this front to back wipe with the second towelette.
5. Keep the labia separated, and urinate a small amount into the toilet –
- **Do not save this urine** – then use the cup to collect urine (**midstream urine sample**) until the cup is at least half full.
6. Finish urinating into the toilet.
7. Replace cap on the cup securely.
8. Discard cleansing towelettes into the trash can.
9. Please ensure your first and last name is on the label provided on the urine cup. If no label was provided on your urine cup, please **handwrite** first and last name, date of birth, and date & time of collection.

***Ladies, if you are having a large amount of vaginal discharge or are menstruating, ask Lab Personnel for additional towelettes or a washcloth to use to help clean yourself prior to collecting the urine. This will provide better test results to your doctor.

***Note: Specimen cannot be contaminated with stool.