



Patient Instructions for MIDSTREAM URINE COLLECTION

ABOUT YOUR TEST

Your healthcare professional has requested this test to check for the presence of a urinary tract infection

If you have been prescribed antibiotic medication, please collect the urine sample **BEFORE** starting your antibiotics

Before giving a sample, you should, if possible, not have urinated for four hours.

BEFORE GIVING YOUR URINE SAMPLE

Clean around the urinary opening with toilet paper moistened with tap water

MALES Draw back the foreskin and keep it retracted until the specimen is taken

FEMALES Clean the genital area front to back, avoiding the anal area.
Dry the area with a clean cloth or toilet paper

SAMPLE COLLECTION

1. Pass a small amount of urine into the toilet
2. Half fill the plastic screw-top container with urine
3. Screw the cap on firmly to avoid leakage
4. Label the container with your full name, date of birth and date and time of collection
5. Place the container into the delivery bag with the request form in the front pocket
6. Keep your sample in a cool place and deliver as soon as possible to your nearest collection centre
7. If there is a delay of greater than 1 hour in delivering your specimen to the collection centre, please place the container in the bottom of your fridge, away from any food

CONTACT

If you require any further information, please call the local laboratory

Medlab Central, Palmerston North	(06) 952 3180
Medlab Hawkes Bay	(06) 835 8705
Medlab Wanganui	(06) 348 1270
TLab, Gisborne	(06) 869 0805