

How to collect a 'Midstream' urine sample For Women

'Midstream' is a way of collecting urine (pee) sample that is free of most germs normally on the skin.

Important

Before you collect the sample, read all of these instructions.

Follow each step to make sure you collect your sample correctly.

What you need (we give you)

- 2 packaged wipes
- Sample container

Do not open the container or wipes until you are ready to use them



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To collect a sample

1. Write your full name and date of birth on the sample container, if not already labelled.
2. Wash your hands with soap and water. Dry your hands well.
3. Open the sample container. Carefully place the lid down on a clean surface with the inside facing up. Make sure the container is within reach of the toilet.
4. Open the 2 wipes packages. Take the wipes out of their packages, unfold them, and put them near the container.
5. Sit as far back on the toilet as you can with your legs apart.
6. With one hand, hold apart the folds of skin around the area where you pee (your labia).
7. With the other hand:
 - a. Use one wipe to clean yourself from front to back in one stroke.
 - b. Repeat this cleaning with the second wipe.
8. Urinate (pee) a small amount in the toilet.
9. Now take the open container and urinate (pee) directly into the container. Fill the container ¼ to ½ full.
10. When finished, screw the lid on tightly. Wipe the outside of the container dry with a clean tissue, if needed.
11. Wash your hands.
12. Bring the sample to the laboratory as soon as possible. For best results, deliver the sample within 30 minutes of collecting it.

Do not to touch the inside of the container or the lid at any time.

Can't get to the laboratory within 30 minutes?
Keep the sample in fridge. Bring it in as soon as possible.