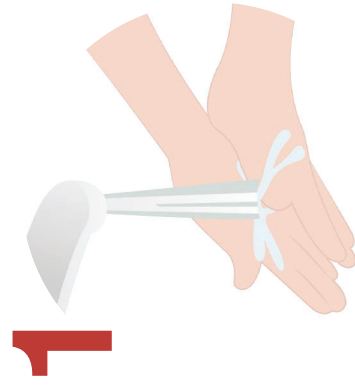


# Patient Guide: collecting a midstream urine sample to diagnose a urinary tract infection



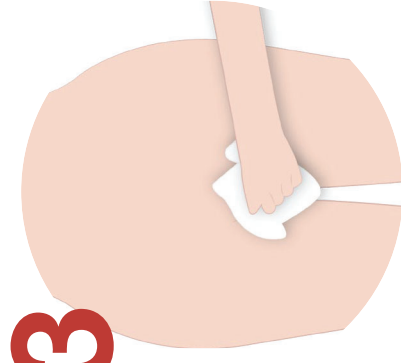
1

Wash your hands.



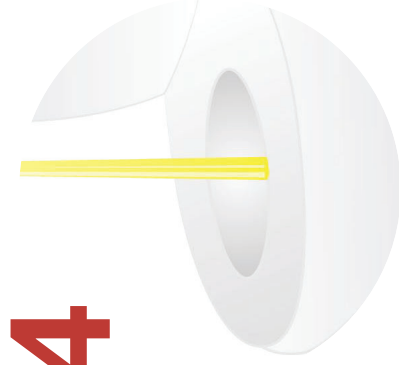
2

Open the container.  
Do not touch the inside.



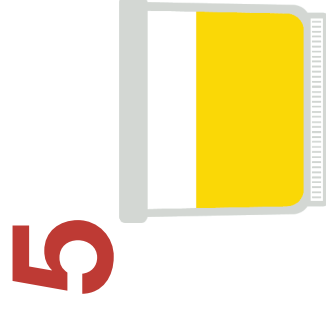
3

Wipe or wash before  
passing urine.



4

Pass urine into toilet for  
3 seconds, then stop.



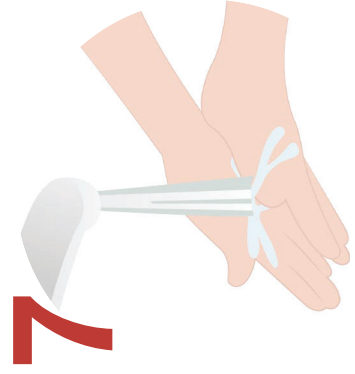
5

Collect the next 10-20ml,  
then pass the rest into toilet.



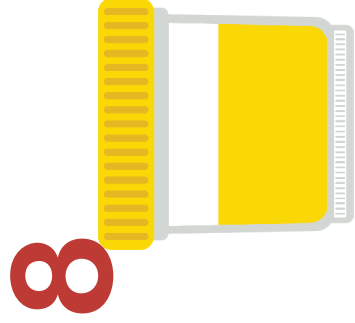
6

Replace the lid.



7

Wash your hands.



8

Take the sample back to your doctor or nurse.



Please ask for assistance  
if needed

To diagnose sexually transmitted infections a first  
void sample NOT a midstream sample is required

If you are collecting the sample at home –  
return the labelled specimen to the hospital or  
specimen collection centre within 4 hours and  
keep in the refrigerator in the meantime.