

Midstream urine sample collection

NO BOOKING REQUIRED



If the urine sample is not refrigerated or there is a delay in delivering it to PathWest, it can affect your results, and you may be asked to repeat the test.



Scan for locations

You will be given a sterile container for your sample. If the container is damaged or you have touched the inside, please ask for a new container.

1. Wash your hands with soap and water and dry them before taking your sample.
2. Write your **full name, date of birth and the date and time of collection** on the outside of the container.
3. **Females:** Sit on the toilet and cleanse your vagina from front to back with a clean wipe.
Males: Cleanse your penis with a clean wipe. If you have foreskin, pull it back and clean the end of the penis.
4. Start urinating into the toilet. After 3 seconds, place the container in the middle of the flow of urine for 4-6 seconds or until it is **10-20ml** filled, then remove the container and finish urinating into the toilet.
5. Make sure the lid is on tightly to prevent leaks. Wash your hands thoroughly with soap and water.

Sample handling, storage and delivery

If you are at a collection centre

Place the container into the plastic bag provided and hand it to a staff member.

If collecting a sample at home

Deliver it to a PathWest collection centre within **one hour**. If immediate delivery is not possible, store the sample in the fridge (not freezer) for up to 12 hours in an additional sealed bag.

Disclaimer: This publication is for general education and informational purposes. Contact a qualified healthcare professional for any medical advice needed.
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