



PATIENT INSTRUCTIONS FOR THE COLLECTION OF MID STREAM URINE FROM FEMALE PATIENTS.

GENERAL INFORMATION:

If your doctor suspects you have a bladder infection, a carefully collected and tested urine sample is an important part of the assessment.

METHOD OF COLLECTION

1. You will be given a supply of tissues and a sterile plastic container with a yellow top.
2. Wash your hands before you collect the sample.
3. Undress in a suitable room and clean the genital area using cotton balls or tissue paper and warm water, wiping from the FRONT TO THE BACK.
4. Pass urine, discarding the first portion into the toilet.
5. Pass the middle portion into the sterile yellow top container provided. The container should be at least $\frac{1}{4}$ full.
6. Pass the final part of the urine into the toilet.

NOTE:

- A. When you handle the yellow top container, it is important that you don't touch the inside of the container as this may introduce unwanted germs which will complicate testing.
- B. If menstruating, insert a tampon before urine collection.
- C. If the specimen is to be collected at home, store the specimen in the refrigerator (not freezer) and deliver to the nearest collection centre or to your doctors surgery for transportation to the laboratory.

For further inquiries or additional information regarding this testing procedure you can either speak directly with the attending pathology collector or by contacting the main laboratory Customer Service Department on 1300 265 000.