



TARGET

Keep Antibiotics Working



How to collect a midstream urine (MSU) sample

For older children, young people and adults with a female urinary system

General points

Always wash your hands with soap and water before and after collecting a urine (pee) sample.

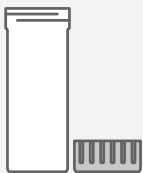
Do not open the sterile container until you are ready to collect the sample.

Avoid touching the inside of the container, and avoid letting your genitals touch any part of it.

Label the container before collecting the sample if your healthcare professional has asked you to.

To collect a midstream urine sample

1



Remove the lid of the container and place it on a clean surface with the inside facing up.

2



Use one hand to part the labia (the folds of skin around the opening of the vagina) and hold them open.

3



Begin peeing into the toilet (don't collect the first bit of pee). Without stopping the flow, move the container into the stream and collect some urine.

4



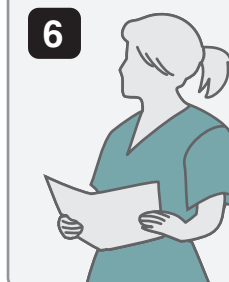
Fill the container with as much urine as possible without it overflowing, or to the marked line if there is one. Finish peeing into the toilet.

5



Put the lid back on the container and tighten it securely. Rinse and dry the outside of the container if it is wet.

6



Take the urine sample to your healthcare provider as soon as possible, along with any forms or labels you have been asked to fill in. Follow the tips on page 2.

Summary information

What is a midstream urine sample?

A midstream urine sample is urine collected partway through peeing.

Why do I need to collect urine midstream?

Pee from the start of the urine stream can pick up germs from the skin, which may affect the test results. Collecting the sample midstream helps avoid this and gives more accurate results.

Do I need to wash my genital area before collecting a sample?

You do not need to use special wipes or cleaning products, unless your healthcare professional tells you otherwise. Just make sure the area is clean and dry.

Can I use a jar or container from home?

You should use the container your healthcare professional has given you to collect the sample.

Does it matter when I collect the sample?

Try to collect the sample as close to your appointment as possible to get the best quality sample. Try to take the sample before you take antibiotics if you can.

Are there situations where this process may change?

Sometimes your healthcare provider may recommend a different method for collecting a urine sample. If so, follow the guidance they give you.

Tips for returning a urine sample

✓ Return the sample quickly

Take it to your healthcare provider as soon as possible – ideally within two hours.

✓ Check drop-off times

Ask when the latest drop-off time is, so your sample can reach the lab the same day.

✓ Keep it cool

If you cannot deliver the sample quickly, put it in a plastic bag and store it in the fridge until you can do so.

✓ Using special sterile containers

Some containers have a preservative powder and a marked fill line. Try to fill to the line, but if you can't, just collect as much urine as you can.

**Scan here
for more
information**

