

# Patient Instructions for Collection of Urine - Midstream and Cytology

The following instructions are intended to help you collect the correct specimen for the test your doctor has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

The Lab will provide you with the following supplies:

- Two antiseptic towelettes
- One sterile screw top container
- One biohazard bag and/or brown bag

## Collection procedure:

1. Wash and dry your hands thoroughly
2. Obtain an empty sterile urine container and two antiseptic towelettes
3. Take one open towelette and carefully wipe from front to back between the lips of the vagina or retract the foreskin (if un-circumcised), and clean the glans (head of the penis). Repeat this process with the second towelette to ensure your urogenital area ("lower parts") has been cleaned thoroughly. Begin urinating into the toilet
4. While still urinating insert the cup into the urine stream and continue to urinate until the cup is approximately  $\frac{3}{4}$  full
5. Finish voiding into the toilet
6. Place the lid carefully on the container and ensure that it has been threaded correctly
7. Write your full name, date of birth and date and time of collection on the container
8. Insert the container into the biohazard bag and/or the brown bag
9. Keep the sample refrigerated and deliver it to the laboratory as soon as possible after collection