

## PATIENT INFORMATION SHEET FOR THE COLLECTION OF MID STREAM URINE FROM FEMALE PATIENTS

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### 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 jar/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 jar/container provided. The jar/container should be at least 3/4 full.
6. Pass the final part of the urine into the toilet.
7. Place the lid on the jar/container and tighten the lid firmly to prevent leakage.
8. Label the jar/container with your full name, date of birth, date and time of collection.
9. If the specimen is to be collected at home, store the specimen in the refrigerator (not freezer) and deliver to the nearest Medlab Collection Centre or to your Doctors surgery for transportation to the laboratory.

### NOTE:

- When you handle the yellow top jar/container, it is important that you don't touch the inside of the container as this may introduce unwanted germs which will complicate testing.
- If menstruating, insert a tampon before urine collection.

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 633 522.

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