

Collecting a mid-stream urine sample

Preparation for the collection

A morning urine sample is usually the most reliable one. However, you should not urinate for at least four hours before collecting the sample. Eating and drinking affect the composition of urine, and so should be avoided during the night before a morning urine sample is taken.

If you are female and are having your period or have a heavy vaginal discharge, you should insert a tampon/change your tampon before collecting the urine sample.

Equipment required for collecting the sample

Sample container with a lid, one or more sample tubes and adhesive name labels.

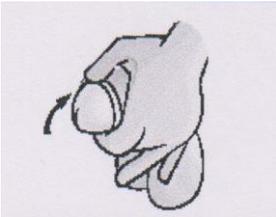
Do not use any other containers/equipment for collecting the sample: they may contain bacteria that can cause false test results.

Collecting the sample



Wash your hands.

Open the lid of the sample container.

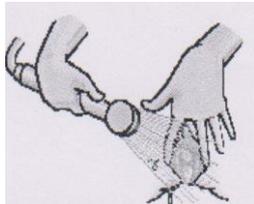
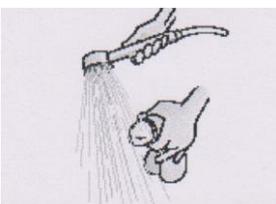


Men:

Pull back your foreskin.

Women:

Hold your labia apart.



Wash the opening of your urethra carefully while spraying with a hand shower. Do not use soap.

Dry with toilet paper.



Pass some urine first into the toilet and then, without interrupting the flow of urine, fill about two-thirds of the sample container.

You can allow the rest of the urine to flow into the toilet.

Close the lid of the sample container.

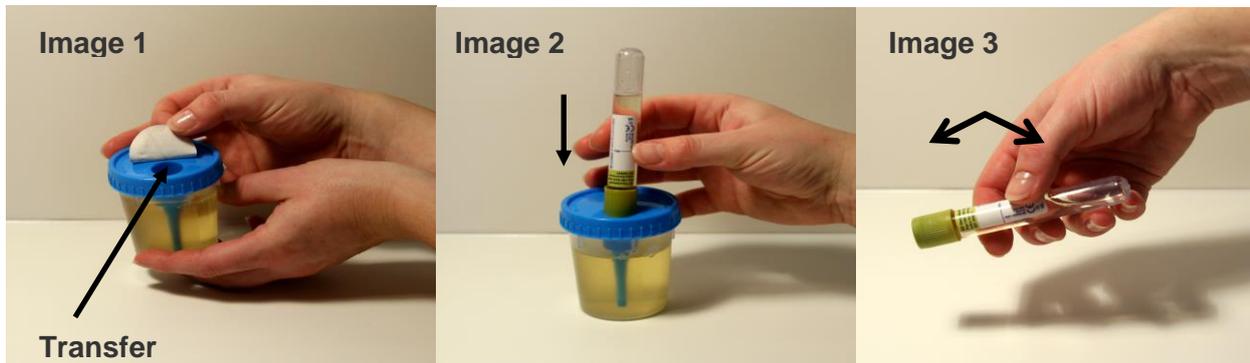
CHILDREN

If the child can wash up independently, the same instructions apply as for adults.

If the child requires assistance, the assisting person should first carefully wash his or her hands and then wash the external genitalia for girls or the glans for boys. In the case of little boys, gently pull the foreskin back only as far as it will move without force being applied.

Transferring the sample to a sample tube

The sample must be transferred to the tubes immediately after sample collection!



1. Place the sample container on the table. Peel back the sticker on the lid's transfer aperture. **(Image 1)**
2. With the stopper to the front, press the sample tube against the transfer aperture's needle all the way down, until urine begins streaming into the tube. Hold the tube in place until the level of fluid in the tube is no longer rising **(Image 2)**
3. Remove the tube by carefully pulling it upwards. If you have several tubes, fill them in a similar manner.
4. Turn the tubes upside down 8–10 times, so that the air bubble travels from one end of the tube to the other and the preservative is dissolved. Do not shake the tubes. **(Image 3)**
5. When all the tubes have been filled, you can dispose of the remaining urine in the sample container in the toilet and the empty sample container in a litter bin.

Note! The urine level must reach at least the fill line on the tube label.

If you do not manage to fill the tubes by following the steps described above, open the sample container lid and tube stoppers and pour the urine directly into the tubes. After filling the tubes, close the stoppers carefully.

After collecting the sample

Write your name, personal identity code and date and time of sample collection on the adhesive labels and attach the label(s) to the tube(s). Fill in the form below for additional information. Deliver the tubes and the completed form to the laboratory as soon as possible. The sample will keep in the tube for bacterial culture (U –BaktVi) for 24 hours, and for chemical screening ((U -KemSeul) 8 hours.

If you have any questions, contact your treatment unit for more information.

Fill in the following details and return this form to the laboratory with the urine sample:

Name: _____ Personal identity code: _____

Urine sample collected on ____/____/20__ at _____.

Time since the last urination before collecting the sample:

- less than 4 hours more than 4 hours

Do you have symptoms consistent with urinary tract infection? Yes No

(e.g. lower abdominal pain, burning sensation on urination, increased urinary frequency, fever)

Are you pregnant? No Yes

Have you taken any antibiotics within one week before collecting the sample? No Yes

(Course of antibiotics or prophylactic medication for a urinary tract infection)