

# Female Midstream Urine Sample

## Patient Instructions

### PROCEDURE

- 1) Thoroughly wash your hands.
- 2) Whilst sitting on the toilet, expose the urethral opening by separating the labia with your thumb and forefinger. Keep the labial folds separated during the collection.
- 3) Begin by passing urine into the toilet, stopping the flow and then catching a small volume (approx. 30mLs) of urine into the clean sample container provided. Complete voiding into the toilet.
- 4) Replace the lid of the sample container. Label the urine sample with the following:
  - Patient's full name
  - Date of birth
  - Date and time of collection

### NOTES

If you are menstruating, insert a fresh tampon prior to collecting the urine sample.

### STORAGE CONDITIONS

If the urine sample is unable to be delivered to a Clinpath collection centre immediately, the sample *must* be refrigerated.

### INFORMATION

For any further information or questions regarding this procedure please call Client Services on **(08) 8366 2000**