

PATIENT INSTRUCTIONS

Important - Specimen labelling and delivery:

1. Ensure full first and last names and date of birth (dd/mm/yy) are clearly written on the specimen tube
2. Ensure date and time of collection is written on the request form and specimen tube
3. It is important to take your urine specimen to your nearest Northland Pathology Collection Centre as soon as possible (within 2 hours); if there is a delay please keep the urine in the fridge.

MALE AND FEMALE OLDER CHILDREN AND ADULTS (MSU)

(Tick appropriate box)

Female

1. Wash your hands
2. Have a urine container ready
3. **Hold labia (lips of vagina) apart**
4. Pass a small amount of urine into the toilet - do not collect any of the 1st part of the urine
5. Pass a small amount of urine into container (so that the middle part of urine is collected)
6. Pass remaining urine into toilet
7. Pull top off urine tube
8. Pour urine from plastic container into tube and replace top

Pregnant women

Midstream urine specimens from pregnant women are often contaminated with vaginal cells and bacteria due to natural changes associated with pregnancy.
If possible, it is best to collect your midstream urine **immediately after taking a shower**, following the above instructions.

Male

1. Wash hands
2. Pull foreskin back (if applicable)
3. Have urine container ready
4. Pass a small amount of urine into toilet and do not collect any of the 1st part of the urine
5. Pass a small amount of urine into container (so that the middle part of urine is collected)
6. Pass remaining urine into toilet
7. Put foreskin back in place
8. Pull top off urine tube
9. Pour urine from plastic container into tube and replace top

SMALL CHILDREN (Bag urine)

1. Clean and dry around penis or labia, removing any cream
2. Apply bag firmly to ensure a tight seal around urethral opening
3. Remove bag when full and carefully transfer a small amount of urine to the tube provided

For further information, please call 09 4384714