

## Laboratory Services

### Midstream (Clean-Voided) Urine Collection

Your doctor has ordered tests that require a clean catch urine specimen. Below are instructions for collecting a urine specimen. It is important to follow these instructions. Any changes may result in inaccurate test results. If you have any questions, be sure to ask your provider for assistance.

**Mid-stream urine collected midway through the urination process is necessary so that any bacteria does not contaminate the specimen.**

#### Collection of Mid-Stream Urine:

Read the instructions carefully before beginning collection and follow each of the steps to ensure you collect the correct specimen for the test.

- Use the sterile screw-capped urine container provided to you for collection.
- Complete the information requested on the container label.
  - **Label must include Last Name, First Name, Date of Birth, and Date and Time of collection.**

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Patient label must be complete and legible for the sample to be accepted by the laboratory. Label must be attached to the urine container, NOT the lid.

- Wash and dry your hands thoroughly with soap and water.
- Remove the cap on the container and set it aside. **Do not touch the inner surface of the cap, the rim or the inside of the container.**
- **Women:**
  - Keep the legs apart and separate the skin folds around the urinary tract opening.
  - Using wipes provided wipe front to back.
  - Make three passes using a clean side of the wipe.
  - Continue holding the skin folds open and start to urinate
- **Men:**
  - Hold penis with one hand and if uncircumcised, retract the foreskin before cleansing.
  - Using a circular motion and an antiseptic swab, cleanse the urethral opening, moving from center to outside.
  - While continuing to retract foreskin, start to urinate into toilet.
- Begin urinating into the toilet (not the cup).
- Midway through urination, place the container into the stream of urine and fill the container about one half to two thirds full.
- You may finish voiding into the toilet until the bladder is empty.
- Replace the cap and tighten firmly and wipe excess urine from the outside of the container.
- Wash your hands thoroughly with soap and water.
- Transport the specimen to the laboratory within 2 hours of collection.
- If this is not possible, refrigerate and transport as soon as possible within 24 hours.
  - Urine refrigerated for more than 24 hours cannot be used for culture and will be rejected by the laboratory.