

## PATIENT INSTRUCTIONS

### MID-STREAM URINE SPECIMEN COLLECTION

- Label the sterile yellow jar with the following details:
  - Surname and first name
  - Date of birth
  - Date and time of collection
- Wash hands thoroughly, rinse and shake off excess water
- It is recommended that you cleanse the external urethral skin with clean water and then dry before urine specimen collection.
- Begin by passing the initial stream of urine into the toilet.
- Without interrupting the flow of urine, collect a small amount into the sterile jar provided.
- To prevent contamination of the specimen do not touch the inner surface of the container or the lid.
- If the sample cannot be immediately delivered to a collection site, place in a sealed plastic bag in the refrigerator.
- Note - the sample must be tested within 12 hours.

Collection Centre locations are listed on the back of your request form.

**For further enquiries, please contact Pathology North:**

**Northern NSW:** Lismore: 02 6620 2900, Grafton: 02 6640 2234, Tweed: 07 5506 7425

**Hunter New England - New England:** 1300 654 303 Hunter: 02 4921 4000 Taree: 02 6592 9343

**Mid North Coast:** Coffs Harbour: 02 6656 7500, Kempsey: 02 6562 0281,

**Central Coast:** 02 4320 3375

**Northern Sydney:** 02 9926 4111