

## Midstream Urine Sample

**Before you start**, read the entire handout. Ask questions if you are unsure about any of these steps. **If you make a mistake in collecting the sample**, please ask for a new container and towelette.

### Steps for Men

1. Raise the toilet seat.
2. Wash your hands with soap and water. Dry your hands with clean paper towels.
3. Open the labeled urine container. **Do not touch inside of container or cover.** Open one towelette.
4. Clean the head of the penis with a towelette. Start at the opening of the urethra and circle back. If you are not circumcised, pull the foreskin back to clean the head of the penis. Hold the foreskin back as you urinate.
5. Urinate a small amount into the toilet. Then bring the container into the urine stream to catch a sample. Stop the stream. Finish urinating into the toilet. The container does not need to be filled to the top.
6. Twist the cover onto the container. Dry the outside if it is wet. Wash your hands.
7. Give the sample to the clinic staff. If collecting the sample in the lab, leave the labeled sample in the place directed by lab staff.

### Steps for Women

1. Lower the toilet seat, if needed.
2. Wash your hands with soap and water. Dry your hands with clean paper towels.
3. Open the labeled urine container. **Do not touch the inside of the container or cover.** Open one towelette.
4. Clean the urinary area.
  - Find a stable position, either sitting on or squatting above the toilet.
  - Use the forefingers of one hand to separate the folds (labia) around your urinary opening. Keep the labia apart while you clean.
  - Clean the labia with towelette. Wipe slowly from **front to back** once.
5. Urinate a small amount into the toilet. Then bring the container into the urine stream to catch a sample. Stop the stream. Finish urinating into the toilet. The container does not have to be filled to the top.
6. Twist the cover onto the container. Dry the outside if it is wet. Wash your hands.
7. Give the sample to the clinic staff. If collecting the sample in the lab, leave the labeled sample in the place directed by lab staff.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#4247.