

## 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.

If you have difficulty collecting a sample, notify clinic or laboratory staff before leaving. We will check to make sure there is enough sample to complete testing.

### Supplies

- Sterile urine container
- Antiseptic towelettes
- Patient Instructions

### Steps for Collection

1. Wash your hands with soap and water.
2. Dry hands with clean paper towels.
3. Open the urine container. **Do not** touch the inside of the container or cover. Open towelette package.
4. Clean the genital area using a cleansing towelette. Either wipe from front to back or pull back foreskin to clean the head of penis.
5. Throw away the cleaning wipe.
6. Urinate a small amount into the toilet.
7. Keep urinating and catch enough urine to fill a quarter to half of the cup, empty the rest of your bladder into the toilet.
8. Twist the lid back on the urine cup and give to the appropriate health personnel or place the collect sample in the designated area.
9. Wash hands.

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 © 12/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#4247.