

INSTRUCTIONS FOR FEMALE PATIENTS

Equipment

- 1 Sterile urine jar or paediatric urine bag.

Procedure

1. Wash hands.
2. Prepare by opening the sterile container and placing it where it can be reached conveniently.
3. Sit well back on the toilet (preferably with the seat up). Part the skinfolds (labia).
4. **With the skinfolds (labia) still apart** pass the initial amount of urine into the toilet and then without stopping the stream pass the container under and collect enough urine to half fill the container. The rest of the urine is passed into the toilet.
5. Place the lid on the container.
6. Label container with your full name, date and time specimen collected.
7. Return the sample to the Collection Centre as soon as possible **on the day of collection**. If there is any delay, refrigerate the specimen.

N.B. The two most important considerations when collecting urine are:

1. To keep the labia parted until urine collected.
2. To allow a continuous stream while collecting urine.

For Infants

A small sterile plastic bag may be taped to the perineum after cleaning to retrieve a specimen during the next urination. Specimen can then be transferred into a sterile jar and returned to the collection centre as soon as possible.