

### Equipment:

1 Sterile urine jar.

### Non Diabetics:

Do not clean genital area.

You must not have passed urine for at least 2 hours.

The first stream of approximately 10 – 15mls of urine must be collected into the sterile container.

1. Patient must wash their hands.
2. The patient must pass a small amount of urine directly into the container. The jar should contain 10-15mls or ¼ full.
3. The jar should be held by the outside, as the inside of the jar and the lid are sterile and should not be touched by skin or fingers.
4. The lid is screwed on the container firmly.
5. Label the container with name, date of birth, date and time of collection.
6. Return the sample to the collection centre as soon as possible on day of collection.