



## Mid-stream urine collection for Micro and Culture – female

Please follow these instructions carefully to ensure that your test results are accurate and reliable.

1. Obtain a urine jar from your nearest Melbourne Pathology collection centre or doctor and label it with your full name, date of birth and date and time of collection.
2. Wash your hands.
3. Remove the lid from the jar and place the jar within easy reach.
4. Sit well back on the toilet. Part the skin folds (labia) and with the three towelettes provided, clean the area from front to back. Use one towelette for each side of the vagina and one for the middle.
5. Continue to hold the labia apart after cleaning and begin passing urine for about three seconds. Use your free hand to bring the jar into the stream of urine and collect about half a jar of urine. Any remaining urine should be passed into the toilet.
6. Secure the lid on the jar firmly.
7. Deliver the specimen to your nearest Melbourne Pathology collection centre as soon as possible after collection. If delivery is delayed, refrigerate the specimen.

**Note:** If a urine specimen is also required to test for Chlamydia/Gonorrhea, you must collect the first stream sample in a **separate** container.