



Mid-stream urine collection for Micro and Culture – male

Please follow these instructions carefully to ensure your 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. Clean the head of the penis with the towelette provided. If you are not circumcised, the foreskin should be pulled back before cleaning.

5. Commence passing urine for about 3 seconds, then introduce the jar into the stream and collect about half a jar of urine. Any remaining urine should be passed into the toilet.
6. Secure the lid 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.