

Mid Stream Urine Collection

1. Swab the external genitalia with a sterile water wipe
2. Pass a portion of urine into the toilet
3. Collect the next portion into the sterile jar (yellow top container). The jar needs only be $\frac{1}{4}$ to $\frac{1}{2}$ full
4. Pass the remaining urine into the toilet
5. Please ensure the lid is secure
6. Label with full name, D.O.B, date and time of collection
7. Samples should be refrigerated if not immediately delivered to the collection centre/laboratory

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