



Department of Pathology and Laboratory Medicine

PATIENT INSTRUCTIONS

**MIDSTREAM URINE COLLECTION PROCEDURE
MICROBIOLOGY**

A midstream or clean-catch urine collected midway through the urination process is necessary for culture, so that any bacteria present around the urethra and on the hands do not contaminate the specimen.

Collection of mid-stream urine:

1. Read the instructions carefully, and follow each of the steps to ensure you collect the correct specimen for the test. Early morning urine specimens are preferred, although urine collected at other times of the day are acceptable.
2. Use the **sterile** screw-capped urine container provided to you for collection.
3. Wash and dry your hands thoroughly.
4. Remove the cap on the container and set it aside. You should not touch the inner surface of the cap or the container.
5. For women, keep the legs apart and hold the skin folds apart while voiding. For men, retract the foreskin (if uncircumcised) while voiding.
6. Pass a small amount of urine into the toilet).
7. Midway through urination, fill the container to half full.
8. You may finish voiding into the toilet until the bladder is empty.
9. Replace the cap and **tighten firmly**. For sanitary reasons, it is recommended that the container be enclosed in a plastic bag.
10. Wash your hands thoroughly.
11. Deliver the container to the laboratory as soon as possible after completion of the collection. If the urine cannot be delivered to the Laboratory within 1-2 hrs, it needs to be refrigerated. Urine refrigerated for more than 24 hrs cannot be used for "Culture" or "C & S" and will be rejected by the Laboratory.

IMPORTANT: Write your full name and the date and time you collected the specimen on the container.

Ensure that the requisition is filled out completely and correctly, including:

- Your full name and address
- Doctor's name and address
- Date and time of collection

Containers and requisitions can be returned to any of the three Ottawa Hospital outpatient laboratories, or the specimen reception areas of the Department of Pathology and Laboratory Medicine.

Civic Campus: Civic Parkdale Clinic, 737 Parkdale Ave. Phone 722-7000, ext. 14992
Hours of operation: 8:00 – 16:00 hr.

General Campus: Outpatient Lab, Module J-10, 501 Smyth Rd. Phone 722-7000 ext. 78306
Hours of operation: 7:30 – 17:00 hr.

Riverside Campus: Laboratory, Main Floor, 1967 Riverside Drive. Phone 722-7000 ext. 88214
Hours of operation: 7:00 – 17:00 hr.