






## Urine Collection Guide

### **First Catch Urine Collection Guide**

Ensure you have not urinated for at least one hour prior to specimen collection.

1. Wash hands thoroughly with warm soapy water. 
2. Ensure the collection cup is labelled correctly. Remove the urine collection cup lid and place the lid upside-down on a flat surface, DO NOT touch the inside of the specimen cup with your fingers.
3. Please ensure to clearly state the **date and time** of sample collection on the provided card. 
4. DO NOT cleanse the urinary opening with a cleansing wipe.
5. Begin urinating into the specimen cup, collect approximately 20 to 30 mL of urine. DO NOT overfill the specimen cup as this may result in a reduction in test sensitivity. 
6. Tightly screw the lid back on to the cup, avoid touching the inside of the cup.
7. Wash hands thoroughly with warm soapy water.
8. Transport the specimen to the laboratory as soon as possible as per instructions provided. 

### **For Aptima tube users**

1. Follow the steps above.
2. Ensure the Aptima urine tube is appropriately labelled.
3. Remove the cap from the Aptima urine tube and transfer 2mL of urine into the tube. The correct volume of urine has been added when the fluid level is between the black fill lines on the Aptima tube. 
4. Recap the urine specimen tube tightly.
5. Wash hands thoroughly with warm soapy water.
6. Transport to the laboratory as per instructions provided as soon as possible.

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### **Mid-stream /clean catch urine collection**

1. The aim is to obtain a sample (specimen) of urine from the middle of your bladder. Urine does not normally have bacteria in it and is normally considered sterile. If bacteria are found in the sample, it suggests a urinary tract infection. A midstream specimen of urine (MSU) is best, as the first volume of urine that you pass may be contaminated with bacteria from the skin.
2. Before doing an MSU, wash your hands and ideally your genitals as well.
3. **DO NOT** open the sterile bottle until you are ready to take the sample.
4. Avoid touching any part of your genitals with the bottle, as this will increase the risk of contamination. Put the cap back on the container.
5. It is essential to follow the manufacturer's instructions regarding the sample volume in the Boric acid container.
6. If a Boric acid preservative is used, the container should be filled up to the mark as per manufacturer's instructions and the contents should be mixed well.

#### 7. Women

Hold open the entrance to the vagina (your labia). Pass some urine into the toilet. Then, without stopping the flow of urine, catch some urine in a clean (sterile) bottle (The bottle is usually provided by a doctor or nurse). Once you have enough urine in the bottle, finish off passing the rest of your urine into the toilet.

#### 8. Men

Pull back your foreskin then pass some urine into the toilet. Then, without stopping the flow of urine, catch some urine in a clean (sterile) bottle provided by a doctor or nurse. Finish off by emptying the rest of your urine into the toilet.