

# How to take a urine sample (Mid- Stream Urine sample)

Why is it important to take correctly?

- To avoid having to repeat the sample
- To identify the bug to get the right treatment
- To avoid further symptoms or complications

## How to take an effective mid-stream urine sample



### STEP 1:

For males retract foreskin where appropriate and for females hold open the labia



### STEP 2:

Urinate continuously for 2 seconds and then without stopping urination fill the container to the line



### STEP 3:

Place the lid on top and dry outside of the container so the lab does not reject sample



### STEP 4:

Place in the plastic bag provided and hand it in to reception



If you have any further questions or queries please ask a member of staff