

## MID STREAM URINE PATIENT INSTRUCTIONS

**It is important to follow these instructions carefully to ensure your test results are accurate.**

### Preparation

- Obtain the correct container from a laboratory collection room.

### Collection Procedure

1. Hold the plastic dish in one hand.
2. Pass first portion of urine into the toilet.
3. Then pass some urine into the plastic dish. This is the (mid-stream) specimen needed.
4. Pass any remaining urine into the toilet.
5. Take the lid off the specimen container and half fill it with urine from the plastic dish. **Please ensure lid is on tightly.**
6. Discard plastic dish into rubbish bin.
7. Label the specimen bottle with your full name, date of birth, the time and date of the specimen collection.
8. Place specimen into bag (seal the top) and request form into outside pocket of bag for delivery to laboratory.

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If you have any problems, please contact one of the following:

Waikato  
07 858 0799

Bay of Plenty  
07 578 7073

Whakatane  
07 306 0906

Rotorua  
07 348 2106

Taupo  
07 376 5103  
07 376 1045