

# 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. Pass first portion of urine into the toilet.
2. Then pass some urine into the plastic dish. This is the (mid-stream) specimen needed.
3. Pass any remaining urine into the toilet.
4. Take the lid off the specimen container and half fill it with urine from the plastic dish.
5. **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.

***Your results can only be obtained from the requesting doctor***

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Please refer to our website for additional information  
[www.pathlab.co.nz](http://www.pathlab.co.nz)

or alternatively contact  
07 858 0795