

Urine Collections- Both First Catch & Midstream-Female Patient Instructions

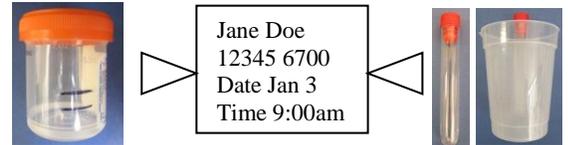
First catch urine specimens are needed for chlamydia/gonorrhea screen test.
 Midstream urine specimens are needed for urinalysis, culture, cytology and other tests.
 Specimen will **not** be tested if label or requisition is missing information.

Please follow the instructions below for accurate test results.

Do not urinate (pee) for **1 to 2 hours** before collection.

Make sure the cups (and tube) are labelled with **all** of the following:

- Full first and last name
- Healthcare number
- Date and time of collection



Wash your hands with soap and water.



Tear open the foil packets and remove the towelettes.

Sit as far back on the toilet as possible and spread legs.

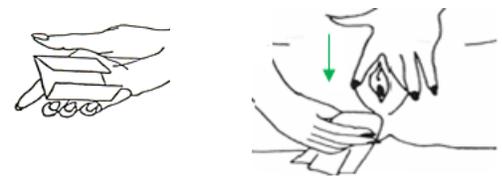
With the index and middle fingers of one hand, hold the layers of skin apart.

Wipe from **front to back** on one side with one towelette.

Please throw the used towelette into the **garbage, not** the toilet.

Wipe from **front to back** on the other side with the other towelette.

Please throw the used towelette into the **garbage, not** the toilet.



Urinate (pee) into the first cup **only** up to the first line or between the 2 lines.

Try not to urinate past the second line.

Do **not** pour urine out if you go past the second line.

Stop urinating.

Please do **not** touch the inside of the cup with your fingers.



Urinate into the second cup.

Stop urinating into the cup **before** you are finished.

Finish urinating into the toilet.

Do **not** overfill the cup.

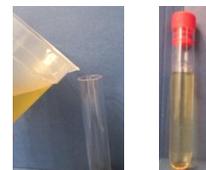
Please do **not** touch the inside of the cup with your fingers.



Put the lid(s) on the cup(s).

If you were given a tube and cap, pour urine from the second cup into the tube until the tube is $\frac{1}{2}$ to $\frac{3}{4}$ full. Please do **not** overfill the tube.

Put the cap on the tube.



Wash your hands with soap and water.

Please place the cup(s) and/or tube in the designated area or give to a laboratory staff member.



If collecting at home: Please deliver specimen to the laboratory today.

Store in a cool, dark place (e.g. refrigerator) if more than 2 hours between collection and going to the laboratory.