

## Instructions for patient: How to collect a good urine specimen

- The nurse will provide you with a labelled urine container
  - Catch the middle part of your urine, not the first part or the last part
  - Open the container when you are ready to pass urine
  - Please do not touch the inside of the container or the lid during and after collection. Make sure you don't touch your genitals with the container.
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- Do the following: pass a little urine first then stop, then retract your foreskin/part your labia then start to urinate again and catch it in the container. Fill the container 1/4-1/3 full
  - Put the lid tightly back on and then you can finish your urine in the toilet.
  - When you have finished, wash your hands and give the container back
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- Health care staff to transport to laboratory immediately.
  - Avoid unnecessary delay.
  - In case of delayed transportation, store specimen in refrigerator and arrange timely transfer.

