



## MID STREAM URINE COLLECTION INSTRUCTIONS

### MALE PATIENTS

1. Please write your **full name, date of birth, date and time** of collection on the jar provided.
2. Wash your hands. Remove the lid from the jar and place within easy reach. Take care not to touch the inside of the lid or jar.
3. Clean the head of the penis with the towelette provided. If you are not circumcised, the foreskin should be pulled back before cleaning.
4. Commence passing urine for about 3 seconds, introduce the jar into the stream and collect about half a jar of urine. Any remaining urine is passed into the toilet.
5. Secure the lid firmly.
6. Deliver specimen to your local collection centre or surgery as soon as possible (within 24 hours). Specimen should be kept cool (refrigerated) until delivered.