

# 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 the first part of your 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) Remove the lid from the specimen container and fill it halfway with urine from the plastic dish.
- 5) Ensure the lid is tightly closed.
- 6) Discard the plastic dish in the rubbish bin.
- 7) Label the specimen container with your full name, date of birth, and the date and time of collection.
- 8) Place the specimen in the specimen bag (seal the top) and put the request form in the outside pocket for delivery to the 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