

## 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***

If you have any problems, please contact one of the following:

**Waikato**  
07 858 0799

**Bay of Plenty**  
07 578 7073

**Whakatane**  
07 306 0906

**Rotorua**  
07 348 2106

**Taupo**  
07 376 5103  
07 376 1045

## MIMI WAENGANUI NGA TOHUTOHU MATUA (Mid Stream Urine)

He mea nui ki te whai i enei tohutohu ki te whakarite  
he tika o hua whakamatautau.

### Te Whakarite:

Tikina te ipu tika mai i te ruuma kohinga taiwhanga.

### Te Tikanga Kohinga:

1. Tukuna te wahi tuatahi o te mimi ki roto i te wharepaku.
2. Katahi ka tuku mimi ki roto i te rihi kirihou. Koinei te taura (waenganui-awa) e hiahiatia ana.
3. Tukua nga toenga mimi ki roto i te wharepaku.
4. Tangohia te taupoki o te ipu taura ka whakakii te haurua ki te mimi o te rihi kirihou.
5. Tena koa kia mau te taupoki.
6. Makahia te rihi kirihou ki roto i te ipu para.
7. Tapahia te pounamu taura me to ingoa katoa, te ra whanau, te wa me te ra o te kohinga taura.
8. Whakanohoia te taura ki roto i te putea (hiritia te runga) ka tono pepa ki roto i te pukoro o waho o te peeke kia tukuna ki te taiwhanga.

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