

# Collection of Midstream Urine for Culture & Sensitivity (C&S) Female

Patient Information

www.interiorhealth.ca

1. Read the instructions carefully, and follow each step as directed. Early morning urine samples are preferred.
2. Use the sterile screw-lid urine container and two towelettes provided by the laboratory.
3. Wash and dry your hands thoroughly and place the towelettes and specimen container within easy reach.
4. Open one towelette and place on a clean, dry surface, e.g. a paper towel.
5. Remove the lid on the container and set it aside. Do not touch the inner surface of the lid or the container.
6. Sit comfortably on the toilet and move one knee to the side as far as you can.
7. With one hand, spread the labial folds and keep spread during cleansing and collection of the urine specimen.
8. WASH the area from which the urine is passed. Use one towelette to wash gently, wiping from front to back between the folds of the skin. Discard towelette into garbage.
9. Pass a small amount of urine into the toilet and then pass enough urine into the container to fill it half full. Finish voiding in the toilet. A minimum of 5 mL is required.
10. Replace the lid, tighten firmly and use a fresh towelette to wipe the outside of the container.
11. Wash and dry your hands thoroughly after collection.
12. Label the container with your full legal name (first and last), date of birth, and CareCard number. Write the date and time of collection on the sample.
13. For sanitary reason, enclose the container in a plastic bag.

**It is recommended that urine specimens are collected during your lab visit to produce the best quality sample for testing.**

**If collection occurs outside the lab, refrigerate the urine sample immediately and deliver to the laboratory as soon as possible after collection. The sample must be received in the lab within 24 hours of collection for testing.**

**Urine refrigerated for more than 24 hours cannot be used for "Culture" or "C&S" and will be rejected by the Laboratory.**

**If you have any questions regarding your sample collection please contact your local laboratory.**

*You must present your current health insurance (CareCard) and requisition to the laboratory.*

<p><b>Call 8-1-1</b> Healthlink BC www.healthlinkbc.ca</p>	Nurse	24 hours a day	Daily	<p>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</p>
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		