

MSU Urine Screen - Collection Instructions

The following collection instructions are intended to help you collect the correct specimen for the test your midwife has requested. First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

MIDSTREAM URINE SAMPLE

- Early morning urine specimens are preferred. A "mid - stream clean catch" urine sample is necessary for a culture so that any bacteria present around the urethra and on the hands do not contaminate the specimen.
- Use an approved empty **sterile container (orange cap) with your client label**
- Wash and dry your hands thoroughly. Remove the container cap and set it aside. Do not touch inner surfaces of container.
- Part the labia. Wipe your urogenital area ("lower parts") with the towelette provided. Wipe from front to back between the folds of skin.
- The intent is to collect a sample midway through the urination process (hence the name "mid-stream" urine). Pass a small amount of urine into the toilet. This initial stream of urine may be contaminated with skin and urethral bacteria.
- Then **midway through urination, urinate into the container**. The container should only be **1/2 to 2/3 full**.
- Replace the cap and tighten firmly.
- Keep the **urine sample refrigerated** and submit to a lab or drop off at the midwifery clinic within 24 hours of collection.