

## **Urine Testing - Midstream**

(Female)

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure the person's privacy and dignity
- Encourage and/or assist the client to clean her labial/vaginal area with warm water and cotton balls
- Dry with paper towels
- They urinate into a toilet, urinal or bedpan
- Midstream of the urination, they stop urinating.
- They then urinate into a suitable urine specimen (ideally with a removable funnel) container providing a suitable specimen volume and stop urinating again
- The remainder of the urination is into the toilet etc.
- The specimen pot is secured and properly labelled
- Make sure they are comfortable
- They wash their hands
- The labelled pot is placed into a proper specimen bag and stored prior to being sent off
- If it is to be stored in a refrigerator, only a refrigerator specifically used for storing samples only should be used
- Waste material should be disposed of according to safe practice

