



Information about pathology tests to help Australians take control of their health and make the right decisions about their care.

## COLLECTING A MID-STREAM URINE SAMPLE

If your doctor thinks you may have a urinary tract infection they'll ask you to collect a mid-stream urine sample.

Your urine sample is going to be tested to detect any bacteria that may have caused your symptoms.

Normally, there are no bacteria in your urine, so if the test detects some you know you have an infection.

It's important the sample isn't contaminated by other bacteria such as those on your hands or on the area around the opening of the urethra – the tube that carries urine from your bladder. Bacteria are everywhere on our bodies and in the environment.

A mid-stream urine sample means you don't collect the first or last part of the urine that comes out. This reduces the risk of your sample being contaminated. The first part of the stream flushes away the bacteria around your urethral opening.

Your doctor/collection centre will have given you a sterile pot with a lid and a bag in which to put it.

Here are a few steps:



Wash your hands



Remove the lid from the pot. Don't touch the inner surfaces.



Clean or wipe your genital area



Male - retract the foreskin (if uncircumcised) while peeing

Female - sit on the toilet seat and keep your legs apart

Pass a small amount of urine into the toilet – to a count of three



Then fill the pot to about half full



Pass the rest into the toilet bowl



Replace the lid and tighten



Wash your hands



Label the pot as per instructions



Place the pot in the bag

If you can't hand your sample in within an hour you need to put it in the fridge. Make sure you don't freeze it.

For more detailed information on this and testing go to [labtestsonline.org.au](http://labtestsonline.org.au)  
You'll also find a short animation on collecting a mid-stream urine sample.

Please use this QR code to access more information



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- We are supported by the **Royal College of Pathologists of Australasia**.
- As the consumer pathology testing support resource for **My Health Record**, there is a direct link to the LTO<sup>AU</sup> website embedded in the pathology results pages of every registered person's online record.

